



Wemmer Pan Rowing Club
100 years at the Pan!
Starting 12 February 2012



Learn to Row!

Ever wondered what it's like to share a seat in a boat?

Ever watched eight rowers dip and drive, and feather and square their blades in perfect time?

Ever wanted to participate in one of the best forms of cardio-vascular exercise that there is?

Ever wanted to learn this skill?

Come and share the fun and camaraderie that is rowing!
 Come and feel the boat move under your seat, the wind at your back, the waves rushing past!

Following the popularity and success of the first 'Learn to Row' Sunday Clinic, Wemmer Pan Rowing Club is offering the programme again in 2012. Come and join us! Come and learn to row!



The Clinic consists of four structured lessons in coxed quads or doubles with one coach per boat. Men & women, girls & boys - all welcome.



Dates: Feb 12, 19, 26 & Mar 11

Time: 09:00 - 11:00

Venue: Wemmer Pan,
 Pioneers Park
 La Rochelle

(entrance off Rosettenville Road)

Cost: R 400 (covers the full course, clinic t-shirt & water bottle, payable in advance)

Limited to 10 seats – First Come, First Seated!

To book your seat e-mail nicoletteh@uj.ac.za



<http://www.wemmer.co.za>