

FIND YOUR PASSION REPRESENT YOUR SCHOOL ROW WITH US



From **complete beginner** to competing at the **national level**, we're here to support you every step of the way

Here's how the rowing journey unfolds:



TERM 1 2025



GIVE ROWING A GO!

Kick off your rowing journey with **Give it a Go** sessions. These fun and relaxed afternoons are the perfect way for high school students to try rowing and see if it's the sport for them

When: February: 9th & 16th; April: 13th & 27th
Where: Bay Coast Rowing Club, 369 Wairoa Road, Tauranga
Time: Sundays, 2-4 pm
Cost: Free



TERM 2 2025



LEARN TO ROW

Build the foundations of your rowing skills in our **Learn to Row** programme. Gain confidence and develop your technique with the support of our expert coaches

When: Sunday afternoons in Term 2, time TBC (1.5-2 hours)
Where: Bay Coast Rowing Club, 369 Wairoa Road, Tauranga
Cost: \$150 for 10 week term



TERM 3 2025



JOIN THE NOVICE SQUAD

If you've decided rowing is the sport for you and your coach thinks you are ready, take the next step with the **Novice Squad**, where you'll refine your skills and train as part of a team

Didn't start earlier? No worries – there are still opportunities to learn and get involved during Term 3



TERM 4 2025



COMPETITIVE SEASON BEGINS

Experience the excitement of representing your club in **regattas**, putting all your hard work into practice on the water

Note: No new students join during this period, as the focus shifts to skill refinement, teamwork and fitness



TERM 1 2026



COMPETITIVE SEASON CULMINATES

The season reaches its peak at the **National Secondary School Championships** – the Maadi regatta. A chance to compete for your school, celebrate your progress and create lifelong memories



READY TO ROW?

Your journey begins with a **Give it a Go Day**. Register now and take the first step toward an incredible rowing adventure!

For more info and to register visit baycoastrowing.co.nz/learn-to-row

Use the QR code to
REGISTER NOW:

