

GDC Learn to Row Programme 2026

Discover the thrill of being on the water and get a taste of rowing to see if it is for you

No experience needed - Students from Years 9 - 12 welcome

You don't have to be fit or strong when you start - you will gain fitness and strength along the way

INFORMATION EVENING:

Monday 22nd June, 7pm, GDC Staffroom

Email rowing@gdc.school.nz or go to the Sports Office for more information

Cost \$200pp - You must be able to swim

Start Date: Sunday 28th June

End Date: Sunday 23rd August

Programme will include:

2 x On-Water sessions per week (Weds/Sun), plus some sessions in the holidays

1 x On-Land training session on Thursdays 3.30pm @ GDC during term time

BBQ lunch on last day – parents/caregivers welcome

