

LMRC 2015



Row with Lake Macquarie Rowing Club

Lake Macquarie Rowing Club, Edwards Park, First Street Booragul
PO Box 382 Warners Bay NSW 2282 www.lakemacquarierowingclub.org.au

Row!

Rowing exercises all the major muscle groups with minimum impact on the body

Lake Macquarie Rowing Club (LMRC) is a community based rowing club, that operates all year round from our Club house at First Street, Booragul, near the Art Gallery and Awaba House. We enjoy the fitness & camaraderie that rowing engenders



Join our Club

We look forward to seeing you

LMRC caters for anyone, preferably above the age of 14 - girls, boys, women and men of all levels of experience.

The joining fees for the 2015/16 season are on our website at www.lakemacquarierowingclub.org.au

Learn to row

Want to try rowing?

'Learn to Row' lessons are scheduled over 3 week blocks on nominated Sundays from 8.00 am. Beginner lessons last around one hour, and cost \$60 for three introductory lessons. This fee would be deducted from your membership fee upon a successful application



Bookings are essential to best ensure your introduction to rowing is successful and enjoyable, so we ask that you contact Anita so we can schedule the 'Learn to Row' sessions with you.

Anita Bickle, 0434 369 493,
anitabickle@gmail.com



Compete

We encourage not only competition for School, Age, Grade, and Masters but also rowing for general fitness - to be enjoyed by all those involved

We'd like to meet you whether you've rowed before or you're keen to learn

Gaye Pullyn
President
LMRC

Social

We offer Social membership of LMRC to those who do not wish to row but want to actively support our club

