

# ROWING

## DRY START WITH LLANDAFF ROWING CLUB

FIRST  
MONTH

FREE

**6 WEEK VIRTUAL  
ROWING FITNESS  
PROGRAMME  
FOR ADULTS**

FOCUSING ON GENERAL AND  
ROWING-BASED FITNESS

**STARTING - MARCH 2021**

**WEEKLY SESSIONS ON ZOOM -**

Tuesday's - 18:30-19:30

Saturdays - 09:00-10:00

ADULTS OF ALL AGES AND ABILITIES WELCOME

**FIRST MONTH FREE, JUST £100 FOR SESSIONS TO JUNE 2021**

Land based training at Llandaff Rowing Club will resume once Welsh Government restrictions are eased.

**GET IN TOUCH TO SIGN  
UP AND FIND OUT  
MORE...**

**DROP US A MESSAGE**



@Llandaff.Rowing.Club



@llandaffrc



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