



freedom



If you want to know your bow-ball from your cox-box, your stroke from your drive, visit the Amateur Rowing Association website at www.ara-rowing.org



The ARA is the national governing body for the sport of Rowing in England and is responsible for the Great Britain Team.



Anyone can sign up for a free user account or why not join? Members of the Amateur Rowing Association receive *Rowing & Regatta* magazine, insurance for rowing activities, enhanced access to web based information, discounts on products and services.

www.ara-rowing.org



Amateur Rowing Association

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6 Lower Mall, Hammersmith,
London W6 9DJ

T: 0870 060 7100
E: info@ara-rowing.org
W: www.ara-rowing.org

Your nearest Club is:

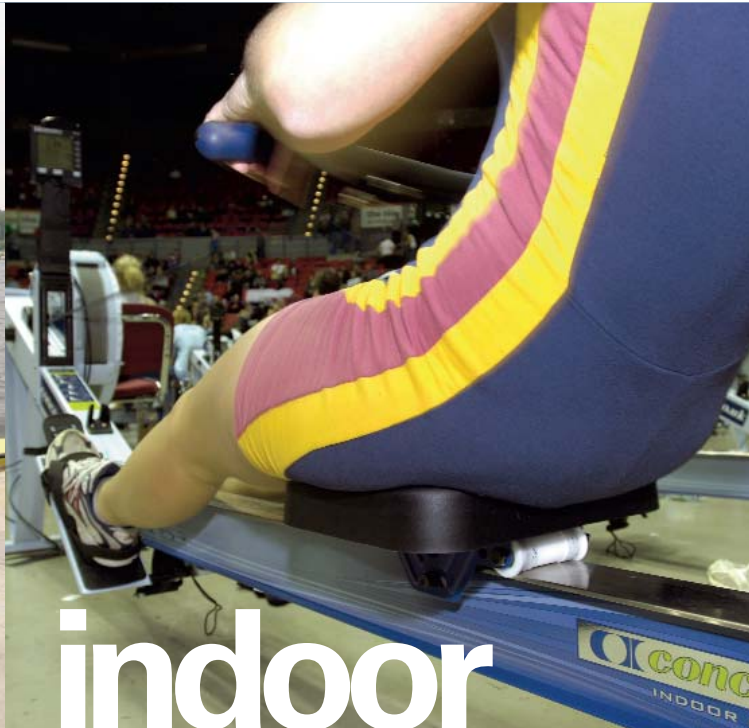
Visit: www.oara-rowing.org/clubfinder

Change your world, one stroke at a time.

www.ara-rowing.org



outdoor



indoor



fun

Great Britain's most successful Olympic sport is rowing, but it's not all about being first across the finish line. Messing about in boats appeals to all ages and abilities; whether you're looking for fitness, fun, or an opportunity to explore.

Rowing exercises more parts of the body than any other sport and is great for stamina, strength, flexibility and agility – whatever your age. Olympic rowers are amongst the fittest people on the planet, but just a gentle paddle or a regular session on the indoor rower can be enough to keep you fit and healthy.

Strenuous for the serious athlete, rowing can also be soothing and tranquil. Imagine the scene: You're paddling in the warm setting sun

with only the ducks for company, to the gentle sound of you and your boat gliding serenely through the water.

Rowers who want to be first across that finish line train all year round, in the gym or on the water. Camaraderie quickly develops between members of crews and clubs – training isn't just about getting miles under the belt, but working as a squad, training camps abroad and travelling together to competitions around the country.

Rowing offers something for everyone and your local rowing club can provide the boats, coaches and the means to make it happen. Clubs are the genuine playground of rowers and the centre of social

activities, from parties to tea and toast after outings.

Just the job for kids: Supervised by qualified coaches, the junior section of any *Clubmark* accredited rowing club is the perfect place to introduce youngsters to the sport.

A passion for rowing can make it a way of life. Whether you want to get out on the water or not, clubs are key to their communities and rely on the people behind the scenes to make them function.

Join us and be part of a unique team – where top athletes can brush shoulders with beginners and older 'veteran' rowers, all involved in a sport they love.

