



THE CLUB

Founded in 1863, Newport Rowing Club is one of the oldest open membership rowing clubs in the world. We have a wide variety of rowers of different abilities, ambitions, and ages. Newport is a friendly and welcoming club, with opportunities for rowing at all levels including beginning, masters, intermediate and club-level athletes. We have an excellent fleet of boats and a heritage club house on the River Medina and are affiliated to British Rowing.

Membership

Open to all ages from age 12. For those of a more advanced age flexibility in getting in, and more importantly, out of the boat may be the deciding factor.

Structure of our Learn to Row course

Available for age 12+

Taster Sessions – with a qualified coach taking you through basics in the gym and on the water (one hour).

Learning to row

Beginners' sessions are held on Sundays typically for 6 weeks (1-2 hours per session) and run by a qualified coach. Beginners are shown correct technique on a rowing machine before progressing to rowing in training boats. Unlike in canoeing, rowers balance on top of the shell of the boat so it is more unstable and takes time to learn how to balance. As rowers progress, they will move on to faster boats designed for racing. Crew rowing in boats for two or four people is also an option.

Beginners learn to scull (i.e. in a boat where you use 2 oars one in each hand) rather than row (one oar each) because this is safer and can be done one to one.

Once the coaches feel that you are ready, obtaining the British Rowing 'Go Row' skills, you are moved into the club session, on a Sunday and Thursday evening

Swim test/capsize drill

All members have to pass a swim test (clothed) and a capsize drill under club supervision within a club year. We hold the tests either at the club or a swimming pool, depending on the time of year. Unless you can swim at least 100m clothed, taking up rowing, even with a buoyancy aid, will be greatly limited.

Parents will be asked to confirm their child's swimming ability before beginning a beginner's group. All beginners will be expected to wear a buoyancy aid if swimming capability is in doubt.

Cost

Taster Sessions are free (max 2)

Learn to row – includes two month's temporary club membership and 6 coached sessions

Adults £35

Juniors £20

Here to help, any questions, just ask us!



Nick



Matt



Julia



Mickey



Julie



Martin



Daryl