



Rowing/Sculling

Rowing sessions are suitable for anyone over the age of 10 of any ability. Working in a double scull or quad with one of our coaches you will be led through the techniques of sculling. You will do some work on our Ergos to perfect technique but the majority of the session will be spent enjoying the river. No experience is necessary as full training will be given.

Private coaching 75-minute sessions

1:1 with our ARA Coach	£55.00
8 session 1:1 course	£400.00
4session introduction (weekdays only)	£160.00

For Young People

After-school Rowing Course

£40.00 Berks/Bucks (£100 outside)

10-week courses, commencing March 2nd and September 7th at the end of which most young people will have progressed to a single scull, on either of the following days:

Tuesday 16.30 - 17.45 : Friday 18.00 - 19.15 : Sat/Sun 14.30 - 15.45

Rowing Introduction Courses

£70.00

2-day courses to provide all ages with a basic understanding of sculling techniques.

Course Runs: 15th to 16th February, 12th to 13th April, 1st to 2nd June, 22nd to 23rd July, 11th to 12th August

Once you have completed a course you may join the our Club

Summer Holiday Courses

We run 1-day introduction to rowing courses during the school holidays, including half terms. Rowing is suitable for those in Year 7 (11) and above. No experience is necessary, the day will start at 9am and finish at 5pm and the price includes lunch.

18th February : 15th April : 16th April : 3rd May : 4th May : 19th August : 20th August
26th August : 27th August

Longridge Rowing Club

£40.00 for 6 sessions

Once you have completed a course you may join our Rowing Club, which runs 6-weeks club sessions starting from the 2nd March on one or more of the following dates.

Tuesday 18.00 - 19.15 : Friday 16.30 - 17.45 : Sat/Sun 12.30 - 14.00

Private coaching sessions

1:1 with our ARA Coach	£65.00
8-session 1:1 course (weekends/weekdays)	£450.00
4-session introduction (weekdays only)	£200.00

For Adults

Sculling for Exercise and Fun, 8 training sessions

£80.00

Are you looking for a new way to stay fit and burn off some calories? Rowing is recognised as one of the big fat busting exercises as well as being great fun. Every week day we run rowing sessions for all ages and fitness levels - no experience is necessary.

Book your course on your preferred day and time: **Mon, Tues, Weds, Thurs or Fri**

Time Slots Start at either: **8.45am - 10.30am - 12.15 - 14.00 - 15.30**

Courses start on: January 11th : Feb 8th : March 8th : April 12th : May 10th : June 7th : July 5th : August 2nd : September 6th

Introduction To Rowing

£80.00

2-day courses 10am to 2pm to provide all ages and abilities with a basic understanding of sculling techniques.

11th - 12th January : 8th - 9th February : 15th - 16th March : 26th - 27th April

10th - 11th May : 8th - 9th June : 29th - 30th July : 16th - 17th August

6th - 7th Sept : 4th - 5th October : 15th - 16th November : 6th - 7th December

Rowing with an Medal winning Olympic Athlete

One-off 75-minute sessions £250.00

New for 2010
Go Karts, Giant Spheres
and Team Swing

Autumn Activities

After School Climbing

£40.00

10-week course starts week commencing 2nd November on Monday, Wednesday and Fridays from 16.30 - 17.45

These courses are part-funded by Bucks & Berkshire Sport, hence the great price.

Open Hour Climbing Sessions

£5.00 a session

Saturday/Sunday 10.00–11.15 : 11.45–13.00 : 14.00–15.15

Activity Youth Club

50p a session

For young people in Y10 and above, every Wednesday from 6.30pm

Activity Days

£35.00 a day

Activity Days run throughout the autumn half-term school holidays, from 8.45am to 5.00pm and will include at least 4 of our activities and a hot lunch.

Disc Golf

£2.00 a person

Come and play our 9-hole course from October onwards

Birthday Parties

We also run fantastic, fun and lively birthday parties throughout the week and year from groups of 8 and over, with a cost of around £10.00 per person, including a birthday tea

Full details of all of our 2010 activities and courses are on our website, if you would like a copy of our printed brochure email bookings@longridge-uk.org

Learn New Skills Make New Friends – Join Longridge Crew Programme

Longridge is a 2012 Training Centre and a world-class youth training facility due to the calibre and support of our fabulous Crew Teams.

At the weekend the site facility is run by one of 8-crews, each crew is made up of 10 people aged 14+, who give up a weekend to work hard to maintain our beautiful site. All meals and accommodation are provided as well as Longridge uniform and full training in all aspects of running the site.

In return, our volunteers are encouraged to take up one of our many activities, ideally to instructor level and free training is offered to encourage this. But the best reward is being part of a vibrant team that is helping shape Longridge's very exciting future.

To find out more contact: amanda.foister@longridge-uk.org