

**Do you enjoy rowing
in the gym?**



**Why not try rowing in a boat
on the water to enhance
your training?**

Ardingly Rowing Club would like to start a mid week recreational group to give you all the opportunity of enjoying the water at Ardingly reservoir and keeping fit at the same time!

Don't worry if you haven't rowed before, full coaching will be given. We plan to start week commencing 19 April.

Interested?

**For further details please call
David Clark 01273 842535**

www.ardinglyrowingclub.co.uk