

About Rowing



GB LTA mixed four win gold at London 2012 Paralympic games.



Former Peterborough Rowing Club junior. Current World Champion and Paralympic hopeful, James Fox.



Paralympian Nick Beighton after a session in the double scull.

Rowing is successful: at the last world championships the GB Paralympic Rowing team were the most successful team.

Rowing works your whole body: it's a great way to get fit and get strong - in a team and on your own.

Rowing is fun: the rowing club puts on competitions, training sessions and socials for all to enjoy. **Come along to Northampton Rowing Club to see**



more!

Northampton Rowability

What is provided?

Both Indoor and Outdoor rowing
Professional Coaching

Dates and Times

Thursdays/Fridays from 10am – 6.30pm

Saturdays from 11am – 4.30pm

We are very happy to discuss alternate times.

Who is it for?

Any person who has a physical, sensory or learning impairment.

Contact

British Rowing HSCT coach

rebecca.clephan@britishrowing.org

Find Us:



Northampton Rowing Club, Peaches Meadow, Bedford
Road, Northampton NN4 7AA, United Kingdom
