

That's how we row....



Discounted rowing courses for those wanting to try something new...

Six weekly sessions for the over 55s on Wednesdays 6pm-7.30pm, starting 8th August

Rowing at Langstone Harbour is not just for the super-fit – it's for those who want to meet new people, enjoy a beautiful setting and its wildlife, and to build their confidence on the water.

Sessions cost **just £4** – and the first one is **FREE**. Run by the friendly and experienced hands of the Langstone Adventure Rowing team and The Langstone Cutters Rowing Club, based at Northney Marina on Hayling Island, you'll have a great time – and a cuppa thrown in to boot!

Get up and go – and enjoy something new to you....

To book, visit www.getupandgohavant.com/events



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BOROUGH COUNCIL