

## Courses and Training 2025

versie 13 mei 2025



### single scull (1x), double scull (2x) and pair (2-)

SaarRowingCenter offers courses for rowers of all levels at various locations in Europe

Starters (S) & beginners (B) and advanced (A) & experienced (E) rowers will be coached in separate groups

G - Dreisbach/Saar 2025	
April	24-25-26-27
May	1-2-3-4 15-16-17-18 29-30-31 May - 1 June
June	6-7-8-9 12-13-14-15
July	31 July - 1-2-3 Aug
Aug	7-8-9-10
Sept	11-12-13-14 18-19-20-21

FR - Niffer 2025	
June	20-21-22 24-25-26

CH - Bern/Wohlensee 2025	
July	7-8-9 11-12-13

UK - Reading/Thames 2025	

B - Seneffe 2025	
Oct	3-4-5

ESP - Sevilla 2025 *)	
Oct	on request
also 4x, 4- and 8 available	
*) not for starters (S) and beginners (B), participation only for advanced (A) and experienced (E) rowers	

NL - Rowing locations 2025	
Dalfsen	for groups on request
R'dam/Willem-Alexander baan	April 5
Apeldoorns Kanaal	April 11-12-13
Apeldoorns Kanaal	May 23-24-25
Almelo	June 20-21-22
R'dam/Willem-Alexander baan	July 10-11-12-13
R'dam/Willem-Alexander baan	Aug 22-23-24

#### Information

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[www.saarrowingcenter.com](http://www.saarrowingcenter.com)

G - Berlin/Neukölln 2025	
May	1-2-3-4
July	17-18-19-20

G - München/Oberschleissheim 2025	
July	3-4-5

G - Duisburg-Wedau 2025	

S = Starter: (almost) no rowing experience

B = Beginner: no-little experience in single scull, minimal 6 months experience in teamboats

A = Advanced: at least 6 months experience in the single scull AND able to get in/out the boat without help AND being able to dock without help at the pontoon AND able to manoeuvre #)

E = Experience: as 'advanced', longer experience in the single scull and race ambitions #)

#) Because of your own safety it is important that at the start of the course you are fully able to back down (portside and starboard) as well as backing down 10 full strokes. If you are not able to maneuver in a proper way, practice this regularly on your own club.