

Courses and Training 2026

versie 1 feb 2026

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 2026	
April	23-24-25-26 30 April - 1-2-3 May
May	14-15-16-17 22-23-24-25
June	4-5-6-7
July	30-31 July - 1-2 August
Aug	6-7-8-9 20-21-22-23
Sept	10-11-12-13 24-25-26-27

G - Berlin/Neukölln 2026	
April	30 April - 1-2-3 May
July	16-17-18-19

G - München/Oberschleissheim 2026	
no courses in 2026	

G - Duisburg-Wedau 2026	
June	12-13-14

G - Breisach/Rhein 2026	
June	26-27-28

FR - Lac de St Cassien 2026	
March	24-25-26-27

FR - Niffer 2026	
no courses in 2026	

CH - Bern/Wohlensee 2026	
July	3-4-5 7-8 10-11-12

UK - Reading/Thames 2026	
no courses in 2026	

B - Seneffe 2026	
Oct	course to be planned

ESP - Sevilla 2026*)	
March	10-11-12-13
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 2026	
R'dam/Willem-Alexander baan	
May	9-10
July	9-10-11-12
Aug	21-22-23
Apeldoorns Kanaal	
April	10-11-12
May	22-23-24
May	31

Information

Theo van den Broek / 0031 6 512 00 637

Nadine van Wijk / 0031 6 134 676 44

info@saarrowingcenter.com

www.saarrowingcenter.com

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.