



Hong Kong, China  
ROWING ASSOCIATION  
中國香港賽艇協會

Passion to go beyond 熱愛·無限

# **CORPORATIONS & DISCIPLINED SERVICES ROWING**



## **FORM A ROWING TEAM AND RACE AT THE HONG KONG ROWING CHAMPIONSHIPS!**

**PRESENTED BY THE HONG KONG, CHINA ROWING ASSOCIATION**



hkrowing



# Everybody Rows



We are happy to introduce the world of rowing to corporations and disciplined services:

- Boost team spirit and strengthen team bonding
- Improve physical health and mental focus
- Enjoy the speed and unity of rowing together across tailor-made sessions

What are you waiting for? Join us and participate in one of the most exciting and rewarding sports on water!



hkrowing



# RATES

## A. Boat Rental and Centre Facilities

**Package**

**Restricted Coxed Quadruple Scull**

**5 sessions  
(2 hours / session)**

**\$2,500 per boat**

## B. Coach Fees

**Rate**

**Remark**

**\$251/hr/coach**

**• HKCRA certified coach is mandatory**

**BOOK  
NOW**

Please contact HKCRA for more information  
Tel: 2699 7271 or Email: [hkrc@rowing.org.hk](mailto:hkrc@rowing.org.hk)



Hong Kong, China  
ROWING ASSOCIATION  
中國香港賽艇協會

Passion to go beyond 熱愛·無限

# 工商機構及 紀律部隊 賽艇計劃



## 建立屬於自己的賽艇隊伍， 備戰香港賽艇錦標賽！

由中國香港賽艇協會特別呈獻



hkrowing



# Everybody Rows



工商機構及紀律部隊賽艇計劃內容如下:

- 透過賽艇運動增加團隊精神，加強團隊凝聚力
- 強身健體、有效提升專注力
- 提供定制課程、提升訓練效率

立即加入我們!

享受賽艇的樂趣以及為香港賽艇錦標賽作好準備!



hkrowing



# 收費

## 甲. 租艇及中心設施費用

課堂	四人雙槳有舵手艇
5 節(每節兩小時)	\$2,500/艇

## 乙. 教練費用

收費	備註
\$251/小時/教練	每節必須有賽協註冊教練在場

立即  
報名

請聯絡中國香港賽艇協會獲取更多資訊

電話: 2699 7271 或

電郵: [hkrc@rowing.org.hk](mailto:hkrc@rowing.org.hk)