



## Germania Sonderburg



*If you feel like  
trying - just come  
over and experience  
rowing... !!*



We  
offer:

- Rowing for kids, juniors and adults
- Recreational rowing, competitive rowing and long tours
- Many different possibilities and arrangements, also together with other clubs
- Training with professional trainer
- Training also in winter
- Fun and good company

## Rowing times

### Summer

Monday	19 h	Rowing for juniors and adults
Wednesday	15-17 h	Rowing for kids
	17-19 h	Training for competitive rowers
	19-21 h	Rowing for juniors and adults
	21 h	Club evening
Sunday	10 h	Family rowing (by app.)

### Winter

Monday	17-20 h	Ergometer/strength training
Wednesday	15-17 h	Training for kids and juniors
	17-19 h	Ergometer training
	20 h	Club evening
Thursday	17-19 h	Training for competitive rowers
Sunday	10 h	Run in the wood/ergometer training (by app.)

(free training for qualified members possible)

## What is rowing ?

- Team and individual training
- Condition and strength training in one
- Training on every level possible
- Experiencing nature
- Many different possibilities to join in
- Easy on your joints
- Possibility for the whole family being “in the same boat“

Rowing is just what you were always looking for!

Take your chance !!!

## *Winter:*

*Of course – we also train in winter.*

*Have you already heard of ergorobic ???*

## *Club house:*

*Our club house has a fastastic view, and a lovely gym, with huge windows directly facing Alssund.*

## Questions?

Contact for further information:

1. chairman  
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