

Team wellbeing + CSR ✓



**No previous experience
or fitness level required**

Getting your team back together?

**Book a fun team wellbeing afternoon on the
famous Boat Race course.**

"A fantastic opportunity to get all the company together, I couldn't recommend it enough, you couldn't find a better team building exercise"

Matt Bostock, Managing Director of St George Development

**At Fulham Reach Boat Club we teach teamwork,
confidence, focus and ambition every day.**

**We are an award winning local charity that improves lives
through rowing.**



FULHAM REACH BOAT CLUB

EST. 2014



BRITISH ROWING British Rowing Awards 2020 Winner – Club of the Year & Project of the Year

To book and for more information go to www.fulhamreachboatclub.com,
julia@fulhamreachboatclub.com, 020 3356 7154

Charity No: 1161813

Corporate Team Wellbeing

When

Weekday long lunch Monday to Thursday 1230 - 1530

Escape for the weekend Friday afternoon 1400 - 1700

Where

Fulham Reach Boat Club, Unit A, Distillery Wharf, Chancellors Road, Fulham, London, W6 9GX

Example schedule, 3 hours

1400 Meet, intro, safety brief, change into sports kit

1430 Warm up and land training in the club gym, including learning the rowing stroke
on rowing machines (ergos)

1500 Coaches assign crews and take boats on the water to row and paddle together

1600 Team Races

1630 Off the water, debrief and refreshments

Price (dependent on headcount)

up to 4 - £400

4-8 - £600

8-12 - £900

12-16 - £1200

16-20 - £1500

Included in package

Professional coaches

Photos and video by coaches for use on social media

Gym equipment and rowing machines

Dedicated coaches and safety motor boats, including fuel

Changing rooms, showers and lockers

Use of club room and kitchen

Suggestions

Bring food and drink to our kitchen for refreshments. We can also recommend riverside pubs,
local cafes. Coffee, tea and water provided on site.

Bring appropriate kit to change into as you may get wet on the river. Kit should be thin material
(heavy material gets very heavy if wet) and not so loose as to get caught on the sliding seat of a
rowing machine or boat, e.g. cycling or yoga/pilates lycra and a fleece or water resistant thin jacket.

Gloves are not recommended but a beanie hat is

Layers are useful to stay warm and take off if too warm

Sliders or wellington boots

Bring towels and shower gel if you want to use our on-site changing room shower facilities

More information

No previous rowing experience or fitness level required

See more about Corporate Rowing events on this short video

www.tinyurl.com/CorporateRowingFRBC. Find out more information about our local charity at

www.fulhamreachboatclub.co.uk/friend

Contact

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