Rowing Club Lausanne

Corporate Rowing Experience

ROW TOGETHER. PERFORM TOGETHER.
RAMER ENSEMBLE. RÉUSSIR ENSEMBLE.







THE ROWING CLUB LAUSANNE CORPORATE ROWING EXPERIENCE IS A PREMIUM TEAM-BUILDING AND WELLNESS PROGRAMME DESIGNED TO INTRODUCE COMPANIES TO ROWING THROUGH **STRUCTURED, FUN AND COACH-LED SESSIONS ON LAKE GENEVA.**

- **PACKAGE 1: DISCOVER ROWING** (1-DAY EXPERIENCE)
- **PACKAGE 2: LEARN-TO-ROW** (1-MONTH LEARN-TO-ROW)

ABOUT THE PROGRAMME

PACKAGE 1: DISCOVER ROWING

ONCE-OFF ENTRY LEVEL TEAM BUILDING | LOW COMMITMENT | IDEAL FOR COMPANY OUTINGS & TEAM-BUILDING ACTIVITIES



STRUCTURE

- 2-3 Hour Session
- 6–30 Participants
- On Land and Water Introduction
- Ergo, 1x Surf Skiff & 4x Crew boat

INCLUDED

- Club Facilities, Changing rooms & showers
- Includes Kitchen & BBQ use after session

  *Food & Beverage not included
- All Rowing Equipment
- 1-2 Swiss-certified Rowing Coaches

PRICE

- **CHF 100**/person * CHF 1000 minimun fee

PACKAGE 1: DISCOVER ROWING



The Discover Rowing programme is a short-format, professionally coached introduction to rowing, designed specifically for corporate teams. *No prior rowing experience required.*

SESSION STRUCTURE

- Approximately 2.5 - 3 hours duration
- Designed to fit a working day, after-work activity or Half-day team activity

SCHEDULE

1. Welcome and Introduction
2. Learn-the-rowing movement (on land session)
3. On-the-water session starting in 1x and moving to crew boats (4x)
4. Apéro, BBQ & Social Time

EQUIPMENT AND COACHING

- Stable Training Boats (1x and 4x)
- Safety Launch on the Water with coach
- Swiss-certified Rowing Coaches (English & French)
- Constant Monitoring of Lake Conditions
    - Contingency plan if lake conditions change on the day

WHEN?

- Season: April - October
- Time Slots:
    - Tuesdays 2 pm - 6 pm
    - Thursdays 2 pm - 6 pm

PACKAGE 2: LEARN-TO-ROW

TRUE ROWING SKILL DEVELOPMENT | STRONG TEAM BUILDING | OPTION TO TAKE ROWING FURTHER



STRUCTURE:

- 4 weeks
- 1 session per week
- 90 min per session
- Fixed Group (6 - 12)



INCLUDED:

- Club Facilities, Changing rooms & showers
- All Rowing Equipment
- Dedicated Swiss-certified Rowing Coach
- End of Programme Event / Apéro
- Certification to continue with RCL EIA Program



PRICE:

- **CHF 300**/person * CHF 2000 minimum fee

PACKAGE 2: LEARN-TO-ROW



The Learn-To-Row programme is a structured, multi-week rowing experience designed for corporate teams who want to go beyond a single session.

No prior rowing experience required.

4 WEEK DURATION

01

Rowing Introduction:

- Rowing Stroke Movements (on-land and/ water 1x)
- Rowing Equipment Basics

02

Stroke Refinement & Crew Coordination:

- Rowing Stroke/ Movements Continuation in 1x
- Crew Boats 4x Introduction

03

Crew Rhythm & Distance

- Consistency & Rhythm
- Continuous rowing as a crew for distance

04

Team Challenge & Apéro

- Mini Team Challenge On Land & Water
- Final Session Debrief & Apéro

Season: April - October
Time Slots:

- Tuesdays between 2pm - 6pm

OR

- Thursdays between 2pm - 6pm



GET IN TOUCH

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EMAIL

WEBSITE

LOCATION