

ROWING CLUB

WORLD TRADE CENTER BARCELONA



This is where a
new way to connect begins::

Let's row together.



WHY?

We could set up more meetings.
Or we could get in a boat at 8 a.m. and row.
Because great ideas don't always come from the office.
And community isn't built only with coffees and business cards.
At WTCB, we're launching the Rowing Club.
A place where your job title doesn't matter — only your rhythm.
Where everyone rows toward the same horizon (literally).
If you want to take care of yourself, meet new people and start your day feeling alive,
we'll see you on the water.



WHAT DOES IT MEAN TO JOIN?

ACCESS TO THE WTC BARCELONA ROWING CLUB

Thanks to our collaboration with the Reial Club Marítim de Barcelona, the World Trade Center Barcelona is launching an initiative that promotes health, sport and community, offering access to professional facilities, guided sessions, and a 13-week initiation course open to all levels — all in a unique setting by the sea.



Initiation course

Includes initiation course on Wednesdays or Fridays at 8:00 a.m.

Open access

Open rowing during weekdays (after completing the initiation course)

Training included

Professional coaching

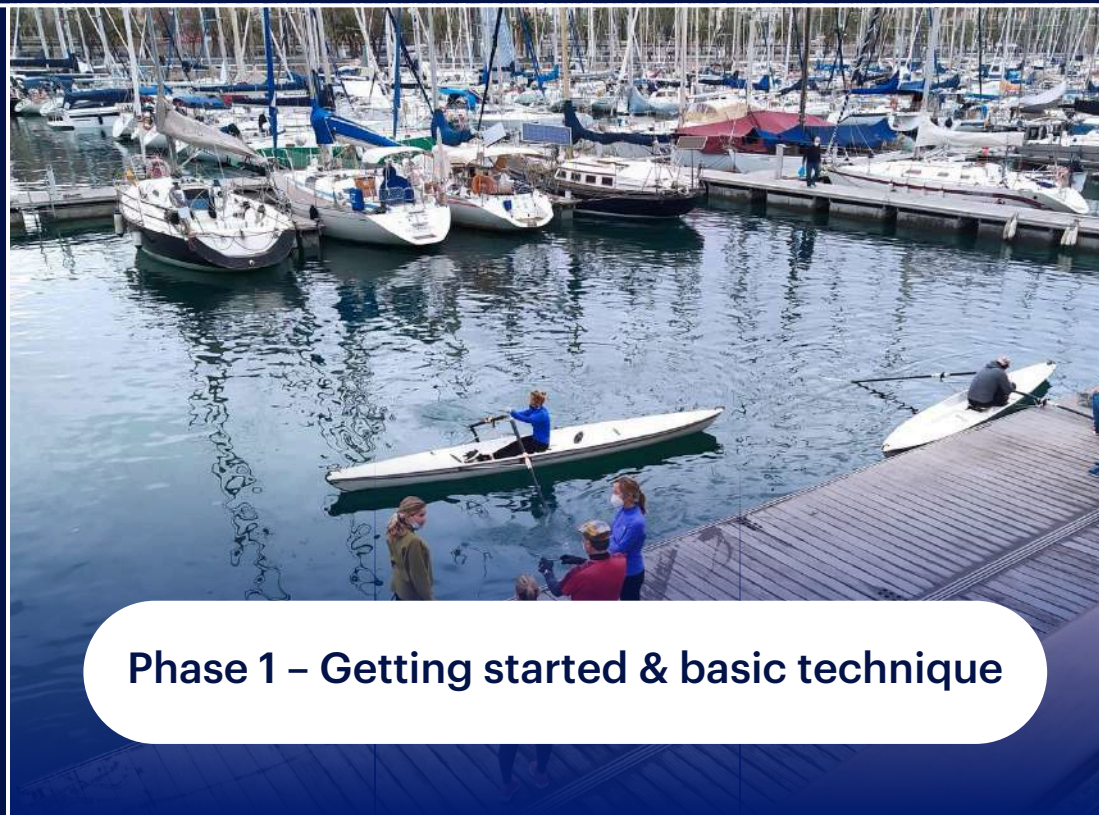
Equipment provided

All equipment included: boats, oars, and activity insurance

INITIATION COURSE

FREE ACTIVITY FOR COMPANIES BASED IN THE COMPLEX

This course has a cost, but if you're a **member of the World Trade Center complex, it's completely free.** The cost is fully covered by WTCB as part of our commitment to wellbeing and community building among the people in our space.



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FOR COMPANIES
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INITIATION COURSE

Phase 1 – Getting started & basic technique (Weeks 1 to 3)

- Theoretical knowledge: boat types, equipment, posture and basic technique
- Land practice with rowing machines
- First contact with water in single boats
- Adaptation, balance and confidence
- Basic manoeuvres: boarding, disembarking, direction



Phase 2 – Improvement & teamwork (Weeks 4 to 8)

- Refining rowing technique in single boats
- Introduction to double sculls and quads (couple and sweep)
- Learning to back row
- Synchronisation and group rhythm
- Team coordination and efficiency

Phase 3 – Autonomy & advanced experience (Weeks 9 to 13)

- Introduction to coastal rowing and long-distance outings
- Transition from calm to open waters
- Stability control in changing conditions
- Internal mini-competition (sprint and long-distance)
- Final recreational outing and reflection on the experience

**WANT TO BECOME A
MEMBER?**

HOW TO BECOME A MEMBER?



HOW TO BECOME A MEMBER OF THE WTCB ROWING CLUB

Come to the gym at the World Trade Center Barcelona and become a member! There, you can register and choose the plan that best fits your lifestyle: Rema Plan, to enjoy rowing in a privileged environment, or Rema+ Plan, if you want to add full access to the gym.

Once you've signed up, you'll receive an email with all the detailed instructions to get started.



WTCB Fitness Club
Terrace – Floor 1 · WTCB

SEE YOU ON THE WATER.



World Trade Center
Barcelona

