



CORPORATE OFFERINGS

**RED SHED**





**ROWING FOR ALL**  
**INSPIRING WELLNESS**  
**FOSTERING COMMUNITY**







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# Our Mission

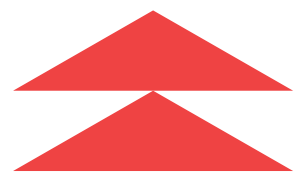
Red Shed, an ambitious project by the Black Mountain Rowing Club Inc. (BMRC), is dedicated to using rowing as a tool for positive change within the Canberra community.

Recognising the transformative potential of the sport, Red Shed aims to engage individuals from diverse backgrounds and abilities, encouraging inclusivity and fostering a sense of belonging among its members.

By focusing on personal development, resilience, and overall wellness, Red Shed aims to create a supportive and nurturing environment for rowers at all levels.

Through structured training programs, mentoring, and community-building activities, the programs nurture participants' physical, mental, and emotional well-being, while instilling valuable life skills that extend beyond the sport.

**ROWING**



**FOR ALL**





# Key Goals & Initiatives

**01**

Providing accessible rowing programs for people of all ages, abilities, and socio-economic backgrounds.

**02**

Offering adaptive rowing opportunities for individuals with disabilities, ensuring that everyone can experience the joy and benefits of the sport.

**03**

Promoting gender equality and creating a safe, welcoming space for people of all gender identities.

**04**

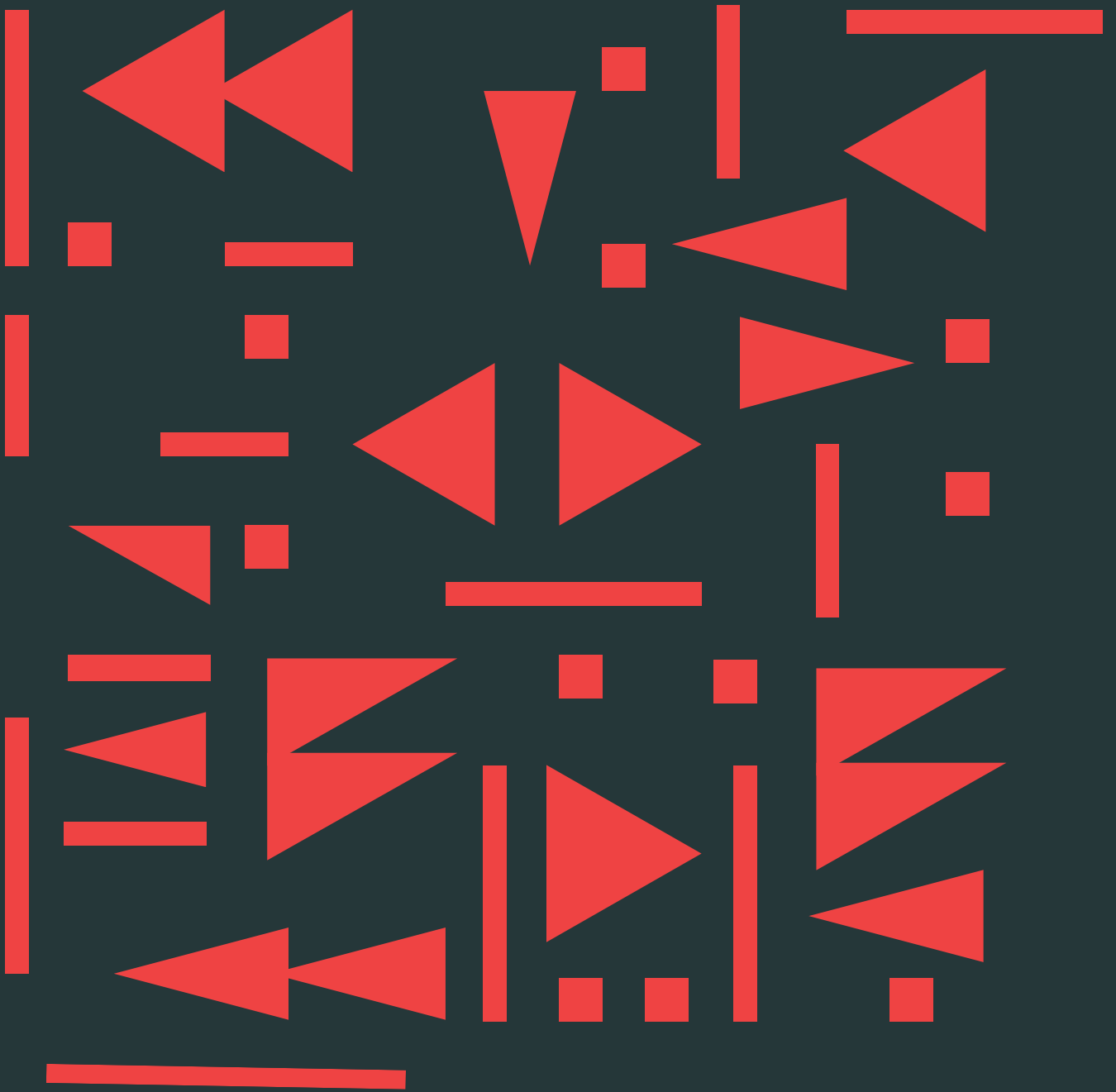
Encouraging personal growth and resilience by offering mentorship programs and workshops on topics such as goal setting, teamwork, and leadership.

**05**

Hosting community events and activities that celebrate diversity and foster connections among club members and the broader Canberra community.

**06**

Collaborating with local schools, community groups, and other organisations to create opportunities for young people to experience rowing and develop valuable life skills.



**RED SHEDDER**

A Red Shedder membership is the perfect foundation for a corporate wellness program.

By gifting this membership to staff members, you are providing the opportunity for employees to attend two exercise and wellness classes per week, access to discounts across the facility, and of course lets not forget the hot merch!

To make the most of this membership we recommend pairing it with arranging corporate rowing sessions and weekly team breakfasts at Cafe Sosta to take advantage of the 10% discounts. Need to hop straight into a meeting? Feel free to reserve our boardroom post breakfast, making Red Shed the perfect one stop shop!

**01 ▶▶ PREMIUM ACCESS TO THE FACILITY**

**02 ▶▶ ACCESS TO RESETS CLASSES**

**03 ▶▶ RED SHEDDER MERCHANDISE**

**04 ▶▶ ACCESS TO CO-WORKING FACILITIES**

**05 ▶▶ WELLNESS HUB COUPONS**

**06 ▶▶ CAFE SOSTA DISCOUNTS**

visit [www.redshed.org.au](http://www.redshed.org.au) to find out more





RED SHED

52 Soft  
Superlight

CROCKER



# MEETING & FUNCTIONS

Corporate Rowing programs are an excellent way to foster team building, improve communication, and promote a healthy work-life balance within the workplace.

These programs are specifically designed to cater to individuals with varying levels of rowing experience, guiding them through the fundamentals of the sport and eventually preparing them to participate in their first team race!

## **CORPORATE ROWING**

**CUSTOMISED PROGRAMS**

**FUNDAMENTAL TRAINING**

**TEAM BUILDING**

**PROGRESSION**

**HEALTH & WELLNESS**

**FRIENDLY COMPETITION**







# MAKE A DAY OF IT! RED SHED CORPORATE EXPERIENCE

*"The greatest asset of a company is its people"*  
Jorge Paollo Lemann



## 01 ▶▶ SELECT YOUR PROGRAM



On-water experience



Indoor erg challenge



## 02 ▶▶ SUPER CHARGE YOUR PROGRAM WITH EXTRAS



Gym access or session



Wellness hub coupons



## 03 ▶▶ CHOOSE YOUR MEETING ROOM



Boardroom/Co-working



The Teloepa Room



## 04 ▶▶ ARRANGE YOUR CATERING

Working style breakfast  
or lunch



Canapes + 3 course menu





# COME FOR THE MEETING STAY FOR THE VIEW

INCLUDED IN YOUR VENUE HIRE

## ➤ ROOM LAYOUT OPTIONS

### CORPORATE FUNCTIONS - FLOORPLAN

THEATRE

Capacity 250 guests

COCKTAIL

Capacity 250 guests

BANQUET

Capacity 160 guests

U-SHAPE

Capacity 48 guests

CLASSROOM

Capacity 48 guests

CABARET

Capacity 120 guests

## ➤ FURNITURE & TABLE LINENS

ROUND, LONG AND COCKTAIL TABLES

CHAIRS

ALL NAPERY INCLUDING TABLE CLOTHS AND NAPKINS

CROCKERY, CUTLERY, SERVINGWARE AND GLASSWARE

## ➤ COMPLIMENTARY AV & EQUIPMENT

PROJECTOR

2X 100" SCREENS

LECTERN

2x MICROPHONES

WHITEBOARD

FLIPCHART

REGISTRATION TABLE

PRESENTER'S TABLE

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## WELCOME TO THE TELOPEA ROOM

Elevate your corporate functions and team-building events at **RED SHED**, where work and leisure come together to create an inspiring and unforgettable experience.

# AUTHENTIC ITALIAN CUISINE FOR ANY OCCASION

## COFFEE CATCH UP

Book a table at [Cafe Sosta](#) via their website

## COFFEE & PASTRY

from \$13 per person

## HALF DAY DDP

from \$78 per person

## FULL DAY DDP

from \$98 per person

## CANAPE MENUS

from \$30 per person

## PLATED MENUS

from \$112 per person

## BEVERAGE PACKAGES

from \$44 per person

## VENUE HIRE

from \$380





# CO-WORKING SPACE

1 hour	\$120
2 hours	\$200
2-4 hours	\$380
4-8 hours	\$600

\*prices excl. GST

Food & Beverage can be ordered from Cafe Sosta

# BOARDROOM HIRE

Half day	\$380
Full day	\$600

Catering options are available via Occasioni by Agostini

**Team Building**  
**Workshops**  
**Board Meetings**  
**Hot Desk**

# R



# BOARDROOM HIRE





# ROWING PROGRAMS

**1x 1.5HR WEEKLY SESSION FOR 10-WEEKS**

**AVAILABLE 7 DAYS PER WEEK**

**OFFERED IN ALL SEASONS**

**EXPERIENCED FULL TIME COACHES**

**IT'S OUR EVERYDAY PURPOSE**

**WE WELCOME YOU TO JOIN US**

## **LEARN TO ROW**

Learn to Row is a vital program at Red Shed, serving as the gateway for introducing new members to the sport of rowing. By focusing on the fundamental skills and technique, the program ensures that participants have a solid foundation to build upon as they progress in their rowing journey.

Participants start in Learn to Row I and can progress into Learn to Row II before entering Continue to Row programs.

## **CONTINUE TO ROW**

Continue to Row is a program specifically designed to bring together current rowers looking to continue their rowing journey and rowers who have had some time away from the oars but are eager to return and reconnect with the sport, it's benefits and the community.

The program is delivered in a 10-week block but casual options are also available.

## **RETURN TO ROW**

Our Return to Row program is the ideal opportunity for rowers who are ready to get back on the water after a break.

Held alongside our Learn to Row II course, this program is tailored for those who have previously rowed but need a gentle reintroduction to the sport.

## PRIVATE ROWING COACHING

Red Shed is proud to offer exclusive private rowing coaching sessions with some of Australia's best coaches. This is a unique opportunity for rowers of all skill levels to receive personalised coaching and guidance from elite-level coaches and take their rowing abilities to new heights.

## INDOOR ROWING

\$20 per session. Included in the Red Shedder membership Indoor Rowing, also known as erging, is a fun and unique workout to add to your regular training regime. At Red Shed, our indoor rowing sessions utilise the Concept2 RowErg, a top-of-the-line machine designed to enhance your overall fitness and endurance. This workout focuses on cardiovascular health, muscular strength, endurance, and technique refinement. Whether you're familiarising yourself with the rowing stroke or looking to improve your endurance and power outputs, our indoor rowing sessions offer the perfect platform for all skill levels.

**ROWING  
FOR ALL**

**RSX**



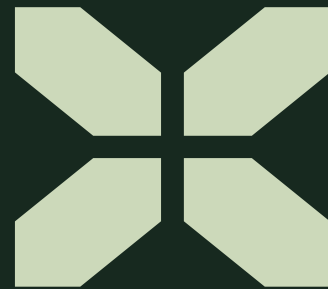
# PERFORMANCE GYM

Have fun  
Get strong  
Make friends



# RSIX

Relax  
Rejuvenate  
Recover



# WELLNESS HUB





## PERFORMANCE GYM MEMBERSHIPS

### RSX HOBBYIST

2x weekly strength training sessions  
Masters and Ladies specific sessions  
Access to customised training app  
Habit setting & daily accountability  
Use of Red Shed ensuites  
Temporary locker hire

### RSX PRO

Unlimited coached sessions  
Access to open gym  
Smaller groups with greater attention  
Flexible session times  
Access to customised training app  
Habit setting & daily accountability  
Use of Red Shed ensuites  
Temporary locker hire

### RSX RED DIAMOND

All benefits of **RSX PRO** +  
unlimited access to wellness hub  
+ Finnish Sauna  
+ Infrared Sauna  
+ Cold Plunge  
+ ZeroBody Dry Float

# RSX

## <GYM PHOTOS AND TESTIMONIALS>





## PERFORMANCE GYM MEMBERSHIPS

### CASUAL VISIT

Select from Sauna or Dry Float  
Complementary Cold Plunge during visit  
Access from 5am - 9pm weekdays  
Valid for 1 month

### TEN VISIT PACK

Flexible bookings  
Select from Sauna or Dry Float  
Complementary Cold Plunge during visit  
Access from 5am - 9pm weekdays  
with fob provided  
Access to ensuites  
Valid for 3 months

### WELLNESS STARTER

Flexible bookings  
Select from Infrared or Finnish Sauna  
OR relax on the ZeroBody Dry Float  
Complementary Cold Plunge during visit  
Access from 5am - 9pm weekdays  
with fob provided  
Access to ensuites  
Temporary locker hire





## PERFORMANCE GYM MEMBERSHIPS



### WELLNESS PRO

Unlimited wellness hub access  
every week for use of all facilities -  
Infrared and Finnish Sauna, Cold Plunge  
and ZeroBody Dry Float  
Access from 5am - 9pm weekdays  
with fob provided  
Access to ensuites  
Temporary locker hire



**MERCHANDISE**





**SHOP MERCH**



# SUPPORT OUR MISSION



Proceeds from all purchases with **RED SHED** supports our mission by providing financial assistance for rowing programs, ensuring accessibility for individuals who may not be able to cover the full costs.

This includes **RED SHEDDER** and other membership, merchandise sales and event bookings.



[Click here](#) to meet our Founders and find out more!



1000 STUDENTS IN OUR BOATS PER ANNUM  
SUPPORT & SPONSOR PROFESSIONAL ROWING  
INCREASED OLYMPIC ASPIRATIONS ACHIEVED  
BY PUBLIC HIGH SCHOOL STUDENTS





# CONTACT

## GENERAL ENQUIRIES

SUPPORT OUR MISSION  
ROWING  
GYM  
WELLNESS  
MEMBERSHIPS  
COWORKING & BOARDROOM  
ABOUT US



[www.redshed.org.au](http://www.redshed.org.au)



[info@redshed.org.au](mailto:info@redshed.org.au)



0447 137 111



[@redshedcbr](https://www.instagram.com/redshedcbr)



[newsletter](#)

## FUNCTIONS

TELOPEA ROOM  
MEETINGS  
TEAM-BUILDING  
WORKSHOPS  
AGM  
EOY & EOFY CELEBRATIONS  
GALA DINNERS  
SOCIAL PARTIES



functions  
[@redshed.org.au](mailto:info@redshed.org.au)



[occasionsi](#)  
[by agostini](#)

**RED SHED**  
[John Cardiff Close, Acton ACT 2601](#)

