



Middle School Sculling and Fitness Program: June 7 – June 24, 2010
Registration Form

Name: _____ Parent's Name: _____

Age: _____ DOB: ___/___/___ School: _____

Address: _____

City, State, Zip: _____ Home Tel.: _____

Rower's Email: _____ Parent's Email: _____

Home Tel: _____ Parent's Work/Cell Phone: _____

Rowing Experience: _____

*GWC Membership # (if applicable): _____

This course is designed to provide advanced middle-school rowers with an opportunity to row independently in small sculling boats, with a secondary emphasis on fitness through circuit strength training. Classes will run four days a week, Monday through Thursday, and will consist of three days of rowing and one day of core strength training per week.

Program begins Monday, June 7th ending Thursday, June 24th.

Two classes are offered at different times. Please select one below.

___ Session 1 3:30 to 5:00 pm Cost \$330

___ Session 2 5:15 to 6:45 pm Cost \$330

All rowers must submit a completed a waiver and medical form prior to participation,
if you have not done so for an earlier class in 2010.

Payment Method: _____ Total \$ _____

___ Credit Card # _____ Exp. ___ / ___

___ Check # _____

___ House Account # _____ Signature _____

*GWC Family Membership receives 50% discount off stated fees.