



Masters Winter 2011 Registration
December 5, 2011 - February 24, 2012

No classes 12/23/11-1/2/12

Name: _____ Member Number: _____

Address: _____

City, State, Zip: _____

Email: _____ Home Phone: _____

Work Phone: _____ Cell Phone: _____

Rowing Experience: _____

Winter 2011 - 2012

___ Monday, Wednesday, Friday (Dec 5 - Dec 21) 5:45 – 7:00 am
___ Monday - Friday (Jan 3 - Feb 24)

___ Monday, Tuesday and Thursday 8:00 - 9:15 am

___ Tuesday and Thursday 9:15 - 10:30 am

There is no fee for individual and family members.

Rowing members will be charged \$250 for 5:45 class, \$150 for the 8:00 class and \$100 for the 9:15 class. Registration and waivers are required. There is a class minimum of 4 to initiate programs. Any class with enrollment of less than 4 members is subject to cancellation within 2 weeks.

Greenwich Crew Coaches will work with rowers during the above designated times. All classes are meant to help each individual maintain/ increase their fitness level while also working on technical aspects of the rowing stroke.

The 5:45am and 8:00am classes on Tuesdays will also have a focus on teaching rowing focused lifts and the proper technique for these lifts.

For the Novice: If you are new to rowing and interested in the Spring '12 season, this is an ideal time to begin physical training and get introduced to the exercise and coaches.