



Masters Registration Form
Winter Indoor Learn-To-Row
Program starts January 11, 2010

Name: _____ DOB: ___/___/___

Address: _____

City, State, Zip: _____

Email: _____ Work/Cell Phone: _____

Rowing Experience: _____

GWC Family Membership # (if applicable): _____

Winter Indoor Learn-to-Row
January 11 – February 5
Classes will meet: Tuesdays and Thursdays 10:00-11:00 am
GWC Member \$50.
Non-member \$100.

By popular request, we are happy to announce a NEW winter, indoor Learn-to-Row class for adults. During the winter, we train indoors with rowing machines and cross-training. It's up to you whether you want to take your newly-learned skills on the water in the spring or just add indoor rowing to your fitness routine. Either way, it's one of the best full-body workouts available! GWC does not pro-rate for any missed classes. A minimum of four participants is required to initiate the class and all participants must complete a Waiver and Medical Emergency Form.

Payment Method: _____ Total \$ _____
____ Credit Card # _____ Exp. ___ / ___
____ Check # _____
____ House Account # _____ Signature _____