



Masters Registration Form
Winter Indoor Learn-To-Row
Program starts February 13, 2012

Name: _____ DOB: ____/____/____

Address: _____

City, State, Zip: _____

Email: _____ Work/Cell Phone: _____

Rowing Experience: _____

GWC Family Membership # (if applicable): _____

Winter Indoor Learn-to-Row
February 13 – March 7

Classes will meet: Mondays and Wednesdays 10:00-11:00 am

GWC Member \$50.
Non-member \$100.

During the winter months, rowers train indoors on rowing machines and through cross-training. Join our winter Learn to Row class to learn basic rowing technique and new challenging workouts. 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 _____