



Adult Learn to Row June 2022

Name _____ Age _____ Date of Birth _____

Street Address _____ City _____ State _____ Zip _____

Phone _____ Email _____

Dates: ___ Monday's at 6pm-7:30pm June 13, June 20, June 27 fee \$105 or

___ Tuesday's at 10:30am-12pm June 14, June 21, June 28 fee \$105

___ Saturday at 10:30am-12:30pm June 18 fee \$50

Class size of 4 participants is needed. Wear sneakers and tight fitting exercise clothing. Bring a non disposable water bottle.

Declaration of Health

I confirm that I do not suffer from any known medical or physical condition that might affect me during physical exercise. **Yes/No**

I confirm that I can swim 100 feet in light clothing. Yes/No

Signature: _____ Date _____

Sneakers,, non-disposable water bottle,
tight fitting clothing and layers

PAYMENT (Cash or Check) - Payable to GMS Rowing Center.

In the event of weather or that you are running late or can't attend please contact me at 860-488-6400.

Coach Linda

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