



Adult Learn to Row AUG/SEPT 2023

Name _____ Age _____ Date of Birth _____

Street Address _____ City _____ State _____ Zip _____

Phone _____ Email _____

Dates: ___ Tuesday's at 6pm DATES-8/22, 8/29, 9/5, 9/12

 ___ Friday's at 10:30 am DATES-8/25, 9/1, 9/8, 9/15)

Class size of 4 participants is required to run each session.

Fee: 4 weeks. \$140

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

I confirm that I can lift 40 pounds. 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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