



## Adult Learn to Row July 2024

Name \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_

Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Dates: \_\_\_\_\_ Wednesdays at 6pm July 10, July 17, July 24, July 31

\_\_\_\_\_ Fridays at 9:30am July 12, July 19, July 26, Aug 2

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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Boathouse 172 Grove St., New Milford, CT 06776 860-350-4004  
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