



## Adult Learn to Row August/September 2024

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

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

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

Dates: \_\_\_ Wednesdays at 6pm Aug. 21, Aug. 28, Sept. 4, Sept. 11

\_\_\_ Fridays at 9:30am Aug.23, Aug. 30, Sept. 6, Sept. 13

**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

Mailing Address PO Box 1647 New Milford, CT 06776  
Boathouse 172 Grove St., New Milford, CT 06776 860-350-4004

[www.gmsrow.com](http://www.gmsrow.com) email gmsrowing@gmail.com