

# HALIFAX ROWING ASSOCIATION

## Adult Learn - to - Row Program Registration Form

### 1. Personal Information

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Telephone (home) \_\_\_\_\_ (cell) \_\_\_\_\_

Email \_\_\_\_\_

### 2. Program

*Description:* Participants will learn about the fundamentals of the sport and basic rowing techniques, as well as water safety, both on and off the water. Participants will spend time under the supervision and instruction of their coaches on the indoor rowing machines and out on the water. For adults of all ages who want to learn the basics and have fun rowing.

#### **Adult Novice Sweep - June 13, 2011 – July 22, 2011 (seats are limited; minimum 10 participants)**

Time: 6:00 am – 7:30 am

Schedule: Monday, Wednesday, Friday

Eligibility: No experience needed; must be able to swim 100 meters and tread water for 2 minutes.

Fee: \$300 (\$150 can be applied towards Annual Masters Membership dues)

### 3. Certification

*I certify that I am in good physical health, that strenuous exercise will not endanger my health and that I can swim 100 meters and tread water for 2 minutes.*

*I certify to the accuracy of the information provided above and I have read and agree to the terms of the HRA Release and Waiver attached to this form.*

Participant Signature: \_\_\_\_\_ Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

*Participant is granted temporary club membership, valid for the duration of the above registered program. Temporary membership is limited to participation in said program, during program times/schedule under the supervision of the program coach(es). Program fees will not be pro-rated for missed days, nor will refunds be given after the first week.*

Official use:	Payment Method:	Cash: _____	Check #: _____	CC: _____	Total Paid: _____
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