



Adult Learn To Row Registration Form

What: This program of instruction provides all the necessary boats and equipment to enjoy the great sport of rowing on the Yarra River at Hawthorn. Whether you intend to become a serious racer or just want to have some fun and try something new, this is where it all begins!!

Program includes: fundamentals of safety, rowing technique, ergometer use, learning sweep rowing and sculling, rowing in a variety of boats, procedure for boat handling, coxswain's commands, and all on-water coaching.

When: Adults: Mondays and other weeknights 5:30 – 7:00pm for 4 sessions
 Or Arrange times to suit your schedule with Simon. Email learntorow@hawthornrowingclub.com
 If you need to miss a class that's fine, you can catch up with another class at a later date.

Where: Hawthorn Rowing Club. Parking at rear - access from Isabella Grove, Hawthorn 3122. Melways Ref: 2H J7

Wear: Comfortable clothing that allows you to move and stretch, but not baggy pants.

Bring: A spirit of camaraderie and a sense of humor!

Please bring this form to your first rowing lesson with your Fee of \$200

Adult Learn to Row Registration

_____	_____	_____
First Name	Last Name	Today's Date
_____	_____	_____
Street Address	Suburb	State Postcode
_____	_____	_____
Day Phone	Evening Phone	e-mail Address
_____	_____	_____
Emergency Contact		Emergency Contact's Email
_____	_____	_____
Em. Contact's Work Ph	Em. Contact's Mobile	Em. Contact's Evening Ph

<input type="checkbox"/>	Mondays	6pm – 7:30pm	Class Begins (date): _____
<input type="checkbox"/>	Tuesdays	6pm – 7:30pm	Class Begins (date): _____
<input type="checkbox"/>	Thursdays	6pm – 7:30pm	Class Begins (date): _____

I hereby verify that I am able to swim for at least 50m lightly clothed:

Signature of Participant: _____ DOB: _____
Please sign and return this form with payment to: Simon Spriggs, learntorow@hawthornrowingclub.com. Phone: 0405 314 870