



Masters Winter 2018 - 2019 Registration

November 26, 2018 - March 1st, 2019

No classes 12/24/18 - 1/2/19

Name: _____ Member Number: _____

Address: _____

City, State, Zip: _____

Email: _____ Home Phone: _____

Work Phone: _____ Cell Phone: _____

Masters Winter 2018 – 2019

___ Monday, Tuesday, Thursday, Friday 5:30 – 7:00 am

___ Monday, Tuesday, Thursday, Friday 8:30 – 10:00 am

Greenwich Crew Coaches will work with rowers during the above designated times. All classes are meant to help each individual increase their fitness level, flexibility, strength and endurance in preparation for the 2019 racing season. The training plan designed by the coaches will build throughout the winter with a focus on competing at CT Indoor Championship on Jan 27th. Individual as well as Team meetings will be held throughout the winter to solidify goals and aspirations for the upcoming year.

The fee for Rowing Members is \$450. There is no fee for Individual and Full Members. Registration and waivers are required. There is a class minimum of 4 to initiate programs.

Payment Method:	Total \$ _____
___ Credit Card # _____	Exp. ____ / ____
___ Check # _____	
___ House Account	Signature _____