



**Masters Learn to Row Clinic**  
**1 day intro class for Adults**

Name: \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_

Address: \_\_\_\_\_

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

Email: \_\_\_\_\_ Work/Cell Phone: \_\_\_\_\_

Rowing Experience: \_\_\_\_\_

GWC Family Membership # (if applicable): \_\_\_\_\_

Interested in trying rowing as a new sport but have no idea where to start? Have a son or daughter who rows and want to learn more so you can understand the challenges they face at practice?

Greenwich Masters Rowing is hosting a 1-day Intro to Rowing clinic at the Greenwich Water Club on Sunday March 24th from 12noon - 2pm.

This is a free class aimed at debunking some of the mystery behind rowing. Learn basic technique on the rowing machine, watch and dissect video of elite high school and olympic rowing and finally take your first strokes in the rowing "Barge", a beginner shell designed for beginners. By the end of the session hopefully you will see the sport in a new and exciting light. This course is followed up by a 4 Saturday Learn to Row classes open to nonmembers and members of the club. See the separate registration form on [greenwichcrew.com](http://greenwichcrew.com) for more info!

Cost: FREE

All Greenwich Crew rowing participants must complete a Waiver and Medical Emergency Form. A minimum of four participants are needed to run any particular class and classes will be capped at ten participants.

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