

ALL RRC information and announcements will be sent through our email list. YOU MUST REGISTER YOUR EMAIL ADDRESS ON THE RRC WEBSITE. Please go to the Web site and follow the simple instructions for signing up. We cannot add e-mail addresses listed on this form to the list.



## LEARN TO ROW

All registrations MUST be accompanied by a signed waiver form.

Space is limited to 18 rowers per session and is allocated based on date of payment.

Pay early to reserve your spot. A minimum of 8 rowers is required to run a session.

Learn to Row (LTR) programs are for people who have little or no rowing experience but would like to learn the basics of sweep rowing and to generally become familiar with the sport. Many of our Learn to Row graduates have continued rowing with RRC's Sweep programs, and a number of them have earned gold medals at USRowing's Masters National Championships and other national regattas.

### 2010 LTR CLASS SCHEDULES

Two LTR sessions are being offered during the summer, with morning and evening classes available. Each program consists of a four-week session that meets three times per week. Upon completion of LTR, rowers may register to continue to row in RRC's other sweep programs (additional fees apply).

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Home Ph ( ) \_\_\_\_\_ Work Ph ( ) \_\_\_\_\_ Cell ( ) \_\_\_\_\_

E-mail address \_\_\_\_\_

I declare that I am a capable swimmer: \_\_\_\_\_  
Signature \_\_\_\_\_ Date \_\_\_\_\_

Please sign up for your first choice. Depending on the numbers, you may be asked to adjust your schedule so that we can combine times or programs to fill boats and make efficient use of coaching time:

A. MORNING SESSION

Tuesday/Thursday mornings (5:45-7:45 a.m.) + Saturday mornings (8:45-10:45 a.m.)

B. EVENING SESSION

Monday/Tuesday/Thursday evenings (6:00-8:00 p.m.)

1. Learn to Row Program Session 1: (4 weeks): May 31- June 26, 2010 \$ 220\*

\_\_\_\_\_ A. Morning (Tuesday, June 1-Saturday, June 26)

\_\_\_\_\_ B. Evening (Monday, May 31st -Thursday, June 24)

2. Learn to Row Program Session 2: (4 weeks): July 5 -July 31, 2010 \$ 220\*

\_\_\_\_\_ A. Morning (Tuesday, July 6-Saturday, July 31)

\_\_\_\_\_ B. Evening (Monday, July 5 -Thursday, July 29)

How did you hear about us?

- C-ville
- Hook
- Facebook
- Flyer
- T-shirt
- FridaysAfter5
- Friends
- Sign/Banner
- Other

\* Payment for Learn to Row must be made in full before the start of the program. If a rower is unable to complete the season, fees will not be refunded except for medical reasons.

### DISCOUNT POLICY

- 10% discount applies on lower-cost program(s) for second (or subsequent) family member(s).