

## GLEBE ROWING CLUB INC.

Established 1879

ABN: 25 645 535 237

[www.gleberowingclub.org.au](http://www.gleberowingclub.org.au)



# LEARN TO ROW PROGRAM APPLICATION FORM

The Learn to Row course at Glebe Rowing Club is a great way to get out on the water and get some experience in this great sport. Rowing is an excellent cardio-vascular workout that is also low impact on the body.

## What is included?

Lead by qualified rowing coaches, this course starts with a 4 hour session on the first Sunday of the program for an on-land introduction to rowing and rowing terminology. In that first session we will also get you out on the water for a try of the real thing.

Over the next three Sunday mornings you will attend a 2 hour session each week to further improve your skills and gain confidence in the sport of rowing.

You will also receive a comprehensive rowing manual that is yours to keep.

## What will you learn?

At the end of the course you will have been:

1. introduced to a range of rowing terms and be familiar with the different boats
2. instructed in correct rowing technique that you can use in the gym and on the water
3. instructed in how to row and have practical experience of rowing on the water.

## Requirements

1. You must be able to swim 100m and be of reasonable physical fitness to enrol in this course
2. You must be at least 13 years old on the first day of the course.

## Price

The price for the course is \$275, including GST.

## What to do next

Please fill out the reverse side of this form and fax to 02 9191 4710 or scan and email to [ltr@gleberowingclub.org.au](mailto:ltr@gleberowingclub.org.au). We will contact you to confirm your enrolment in the next available Learn To Row Program.

## Your registration details

Preferred Start Date: \_\_\_\_\_ see <http://www.gleberowingclub.org.au/learn-to-row/>

Surname: \_\_\_\_\_ Given Name: \_\_\_\_\_

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

Email: \_\_\_\_\_ Contact telephone: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Can you swim 100 metres? \_\_\_\_\_

Contact details and name of person to be notified in case of emergency:

Do you have any medical or other pre-existing condition which could be affected by, or affect your rowing or your ability to take part in the Learn to Row course?

## Payment

### Direct deposit:

**Name:** Glebe Rowing Club Incorporated

**BSB:** 951200

**Account No:** 012681381

**Payment Reference:** Your name + "LTR"

Please note that due to some problems we've had in the past we are now only confirming applications **when they have been paid in full.**

We're sorry to have to do it this way but in the past people have registered and then not attended the course, excluding others who would have liked to attend.

### Credit Card: see

<http://www.gleberowingclub.org.au/learn-to-row/>

## Membership Application and Waiver of Liability Agreement

IN CONSIDERATION of Glebe Rowing Club Incorporated (hereinafter referred to as "the Club") accepting my application and permitting me to participate in this Glebe Rowing Club Inc. Program:

I HEREBY apply for Learn to Row membership of the Club. The Term of said membership being limited to the duration of the Program that I am attending.

I HEREBY WAIVE any and all claims which I may have now and in the future against the Club and release the Club from all liability whatsoever in respect of any injury, loss or damage whatsoever which I may suffer from my participation in the Program.

I WILL ACCEPT full responsibility for any damage, loss or harm whatsoever caused by me whilst I participate or am involved in the Program and indemnify the Club against any liability for such damage, loss or harm.

I UNDERSTAND that this waiver operates for the period from the time the waiver is executed until the conclusion of the Program.

IN ENTERING THIS AGREEMENT I do so of my own free will and confirm, and warrant, that I am aged eighteen (18) years or over at the time of signing this Agreement and that I have read and understood this Agreement before signing it and understand that this Agreement is binding upon me, my heirs, next-of-kin, executors, administrators, successors, children, and any other person acting on my behalf or that of my child.

I UNDERSTAND that entering into this Agreement is a pre-condition to acceptance of my application to participate in the Program.

I AGREE that this Agreement shall be governed in all respects by and shall be interpreted in accordance with the laws of the state of New South Wales.

**Signature (of Parent or Guardian if not 18 years old):**

**Date:**