



NEW HAVEN ROWING CLUB

407 ROOSEVELT DRIVE (ROUTE 34)
OXFORD, CT 06483

LEARN TO ROW PROGRAM - 2024 APPLICATION FORM

First Name _____ Last Name: _____ Nickname: _____

Address: _____ City _____ State: ____ ZIP _____

Home Tel: _____ Work Tel: _____ Cell Phone _____

E-mail Address: _____

Learn to scull. Session 1- the course will begin on 5/28 to 6/27 and run for 5 weeks for a total of 10 lessons. Lessons are midweek on Tuesday and Thursday from 6-7:30 pm. Session 2- begins on 7/9 to 8/8 same days and times as session 1. The cost is \$400 per session.

Class size maximum 10 students.

Please bring this completed form to the open house on Saturday, May 4th from 10am-noon or on Saturday, May 18th from 10am-noon, bring to the first day of the session or email to me.

About You:

We require this information because the LTR program will use 4-person sculling boats that are designed for heavyweight or lightweight rowers, and the height of the rowers in a boat is also a factor.

Male/Female: _____ Age: _____ Height: _____ Weight _____

Are you capable of lifting 35 pounds over your head? (You must be able to carry your share of the weight of a 4-person boat from the boathouse to the dock).

Yes _____ No _____ Not sure _____

Rowing is a physically demanding sport that uses all of the body's muscle groups. Please indicate in the space below your level of fitness and what other types of exercise you do on a regular basis. Are you likely to want to continue rowing after the course? Y[] N[] Maybe[]

Emergency Contact(s)

Name: _____ Relationship: _____

Address: _____ City _____ State: ____ ZIP _____

Home Tel: _____ Work Tel: _____ Cell Phone: _____

Applicant Signature _____ Date: _____