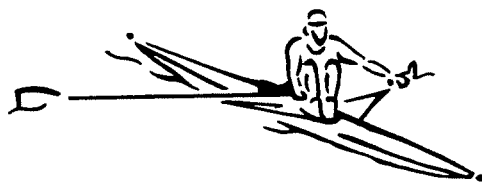


WOMEN'S LEARN TO ROW CLASS



ZLAC ROWING CLUB

1111 Pacific Beach Dr., San Diego, CA 92109

April 29, 6:30-8:30 pm

May 1, 8:00 am – 10:30 am; May 2, 7:00 am – 9:00 am

May 4 & 5, 5:00 am – 7:00 am

May 6, 6:30 pm - 8:30 pm

May 8, 8:00 am – 10:30 am

The program will consist of seven sessions on the fundamentals of rowing, five morning sessions and two evening. Participants will be coached in small groups both on the water in boats, and on indoor rowing machines. Attendance at the first session is required, and participants should plan to attend all sessions. Following the completion of the series, participants will be invited to continue in a three month novice program. The cost of the session is **\$250**; for an "early bird" price of \$225, applications must be *received*, with deposit, by **April 15**. The deadline for full price registration is **April 23**. The class is dependent on having at least four participants registering.

Space is limited. To register for Learn to Row, send this form with a \$100 deposit to:

Adult Learn to Row – Athletics
ZLAC Rowing Club
1111 Pacific Beach Dr.
San Diego, CA 92109

Please make checks payable to "ZLAC Rowing Club." The balance is due at the first session.

Please pay by check; no cash will be accepted.

Questions may be directed to: yale80@aol.com or telephone (858) 274-7826.

Name: _____ Telephone: _____

Address (street, city, zip): _____

Email: _____ Birthdate: _____

Visit the ZLAC website at www.zlac.org

Rowers must furnish written proof that they are water-safe with ability to swim and tread water in open water conditions. Details regarding proof will be sent by mail after receipt of the deposit.