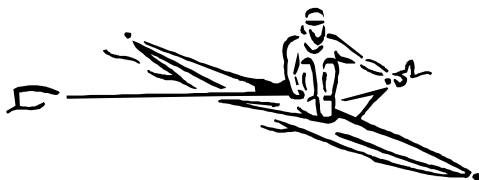


WOMEN'S LEARN TO ROW CLASS



ZLAC ROWING CLUB

1111 Pacific Beach Dr., San Diego, CA 92109

Sept 29, 2011, 6:30-8:30 pm

Oct 1, 8:00 am – 11:00 am; Oct 2, 7:00 am – 10:00 am

Oct 8, 8:00 am – 11:00 am; Oct 9, 7:00 am – 10:00 am

The program will consist of five sessions on the fundamentals of rowing, one evening and four weekend morning sessions. 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 ZLAC's novice program. The cost of the session is **\$275**; for an "early bird" price of \$250, applications must be *received, with \$100 deposit*, by **Sept 16**. The deadline for full price registration is **Sept 23**. The class is dependent on having at least four participants registering.

Space is limited. (Classes often fill by the "early bird" date.)
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.

Send forms and deposits by mail or drop at the clubhouse. Do not leave them in the boathouse.

Questions may be directed to: jenbloomquist@hotmail.com

Name: _____ Telephone: _____

Address (street, city, and zip): _____

Email: _____ Birthdate: _____

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.