

**2010 INDOOR ROWING PROGRAM REGISTRATION FORM**

Lake Lanier Rowing Club • (770) 287-0077

Name: \_\_\_\_\_ Date: \_\_\_\_\_

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

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

Phone: Home \_\_\_\_\_ Work: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Ph: \_\_\_\_\_

Birth Date: \_\_\_\_\_ Occupation: \_\_\_\_\_

Did an LLRC club member encourage you to sign up? Name: \_\_\_\_\_

**ROWING OBJECTIVES** : \_\_\_\_\_ Learn a New Sport \_\_\_\_\_ Fitness \_\_\_\_\_ Social Activity

\_\_\_\_\_ Recreational Rowing \_\_\_\_\_ Competitive Rowing \_\_\_\_\_ 2012 Olympic Team

**INDOOR ROWING CLASS SCHEDULE**

- October 2 – November 30, 2010
- Tuesday at 6:30 pm & Saturday at 10:15 am (or possibly at 7:30 depending on participants' preference)
- First class: Saturday, October 2 at 10:15 am
- No class will be held on Nov. 6 or Nov. 13

Questions or more information:

Contact the instructor, John Ferriss, at [jaf19@abraxis.com](mailto:jaf19@abraxis.com) or (770) 842-1021

Please enclose a check for \$150.00 made out to the Lake Lanier Rowing Club  
and send with Registration Form and signed Waiver to:  
Lake Lanier Rowing Club  
3105 Clarks Bridge Road  
Gainesville, GA 30506