

# Mount Baker Rowing & Sailing Center

## Group Boating Activities

*Looking for a fun and memorable company retreat or employee appreciation idea? Introduce your team to the world of water sports with a Day of Play or have a unique team building experience through our Introduction to Rowing at Mount Baker Rowing and Sailing Center.*

### Option 1: Day Of Play

In this fun 3-hour experience your team will receive introductory lessons from experienced coaches and have the chance to test out their watercraft skills through rotations in sailing, stand-up paddle boarding, canoeing and kayaking.

Life jackets are provided and required. Locker rooms and showers are available for use. The program can accommodate up to 20 people on the water and back-to-back sessions for a larger group may be available depending on schedule.

### Option 2: Intro to Rowing Organizational Team Building

Mount Baker Rowing offers a 3-hour structured rowing experience where your group will get on the water, learn basic rowing skills and how to work as a team. This unique activity will foster communication, collaboration, trust and leadership within your business culture. First your team will receive a rowing orientation and learn equipment terminology. Then team members get seated in racing shells to test out their ability to work as a team with an on-the-water rowing experience. This program is a great break from a day of retreat activities - get out of the office and on the water! Retreat themes can be incorporate.

Life jackets are provided and required. Locker rooms and showers are available for use. The program can accommodate up to 20 people on the water.

#### Sample Topics Covered:

1. Introductions and Tour of Boathouse/Equipment
2. On the Rowing Machines: Intro To The Technique, Games/Relays
3. Rowing Experience on the Water
4. Debrief and Summary

### Pricing:

Pricing for both options is based on the number of participants it the program.

- 5 or fewer participants: \$350
- 6-10 participants: \$450
- 11-15 participants: \$575
- 16-20 participants: \$650

If you need assistance in choosing the program that would be best for you group please contact us at the number below. If you would like to incorporate the lessons of rowing as themes in your daylong retreat we encourage you to contact one of our preferred consultants to help build and facilitate your retreat agenda.

For more information and to book this unforgettable activity contact us today at: [events@mbrsc.org](mailto:events@mbrsc.org) or 206-386-1913

### Mount Baker Boathouse Meeting Room

Add a group presentation or meeting to your day in our boathouse meeting room. The contemporary upper-floor event space is bathed in natural light and accented with re-claimed hardwood finishes. A gas fireplace and vintage wooden racing shell create a warm, comfortable ambiance while two balconies showcase 180-degree panoramic views of Lake Washington and the Cascades.

The venue is equipped with an A/V system with built in speakers and two large flat screens perfect for slideshows, presentations and speeches.

Find out more at [www.mbrsc.org](http://www.mbrsc.org)



## Mount Baker Rowing and Sailing Center Group Boating Activities



Group Name: \_\_\_\_\_ Group Contact Name: \_\_\_\_\_

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

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_ Email: \_\_\_\_\_

### Program Selection:

\_\_\_\_ DAY OF PLAY    \_\_\_\_ INTRO TO ROWING    NUMBER OF PARTICIPANTS: \_\_\_\_\_

Please see program description for pricing

Date Requested: \_\_\_\_\_ Time: \_\_\_\_\_

### Meeting Room

Will this activity be complementing a larger event in which you would like to use the Boathouse meeting room? If so, what time will your additional programming be happening? \_\_\_\_\_

Meeting room reservations can be made through Seattle Parks and Recreation Scheduling at 206-684-7254

### Incorporation of Facilitator

If you are using a facilitator for the remainder of your retreat we recommend that the facilitator communicate with the head coach of the program to discuss themes and strategies to highlight during the "on the water" experience.

Facilitator Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

### Deposit

A 50% non-refundable deposit is due upon confirmation of your booking. Total program fee is due 30 days before program date. If program is booked within 30 days of event 100% of the fee is due.

### Rescheduling Policy

An additional \$250 fee will be applied to all programs rescheduled within 14 days of date. We will do our best to accommodate rescheduling preferences.

### Cancellation and Refund Policy

If the group cancels the program 14 days or more before the program date the group may receive a refund minus \$250 plus 10% of the program fee. Cancellations fewer than 14 days before the program date will receive no refund.

### Payment Options

Please make checks out to: Mount Baker Rowing and Sailing Center (MBRSC)

Mail to: 3800 Lake Washington Blvd S. Seattle, WA 98118  
Credit Card Payments can be accepted over the phone 206-386-1913 or in person.

### **Suggested Items to Bring**

- Comfortable clothing that allow room to move
- Old sneakers that can get splashed or wet
- Water Bottle
- Sunglasses
- Towel
- Hat
- Full Change of Clothes including shoes
- Sunscreen
- Willingness to learn and sense of humor

### **Weather Policy**

If weather becomes a factor and we are unable to go on the water the program will be adapted to on-land lessons using rowing machines and other relatable drills and exercises.

### **Assumption of Risk**

Boating activities have inherent risks and all participants will be required to sign a Seattle Parks and Recreation risk and release waiver.

### **Agreement**

As a designated representative of the corporation/group, I wish to confirm that I have read the booking information supplied by Mount Baker Rowing and Sailing Center and understand the obligations relating to our booking.

I agree on behalf of the corporation/group, to ensure that these obligations are met. I confirm that I understand that I am authorized to sign on behalf of the corporation/group and accept responsibility to ensure that this information is distributed as required.

**Corporate or Group Representative** \_\_\_\_\_

**Position** \_\_\_\_\_

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

### **Once your activity is booked you will receive an introduction packet with:**

- Welcome Letter
- Bio of coaches and facility
- Agenda for the day
- Handout for each participate
- A form to list participants in activity groups