

Kitsap Rowing Association

P.O. Box 232
Indianola, WA. 98342



LEARN to ROW REGISTRATION FORM

(for individuals 18 years and older)

Name: _____

Address: _____

City / State / Zip Code: _____

Phone #: _____

Email: _____

Do you have a medical condition we should be aware of? No / Yes

If yes, please explain: _____

Emergency Contact Name and Number: _____

The Learn to Row consists on-land/on-water instructions. Wednesday evening session includes safety, instruction of technique and familiarization with equipment. Saturday and Sunday morning sessions are on the water. Students should be able to lift 35 lbs. overhead, be able to get into a squat position and should have knee and back flexibility to get in & out of a shell. Athletic clothing is recommended. All attendees must be able to swim or tread water. USRA Waiver and KRA Affirmation of Swimming Ability forms are also required. Please contact kitsaprowing@gmail.com for further information.

The following Classes are scheduled. Please indicate your preferences. Class fee \$199.

Start times for Saturday & Sunday may range from 6 to 8 AM depending on predicted winds, so students must be prepared to be flexible on both days.

√	Class	ON LAND (Wed) 6:00 pm to 8:30 pm	ON WATER (Sat) 7:00 am to 12:30 pm	ON WATER (Sun) 7:00 am to 12:30 pm
	1	April 3	April 6	April 7
	CANCELLED	April 24	April 27	April 28
	3	May 8	May 11	May 12
	4	June 5	June 8	June 9
	5	June 26	June 29	June 30
	6	August 7	August 10	August 11

_____ (initial) I am aware that I must sign the USRowing Waiver and KRA Attest to Swim Abilities forms. KRA is aligned with USRowing guidelines. Please send all forms to kitsaprowing@gmail.com or mail to above address in advance; class fee upon first session.

Signature: _____ Date: _____