

Great Exercise! Great Experience! Great Fun! Learn to Row with Halifax Rowing!



Adult Class Schedule:

Session One: April 30; May 2-4

Session Two: May 28, 30, 31; June 1

6 - 7:30 PM weekdays; 6:30 - 8:30AM on Saturday

*You'll learn from HRA Head Coach Ted Swinford, World Rowing Champion,
7-Time National Rowing Champion, and Olympian.*

WHAT TO WEAR/BRING

Spandex shorts or tights - nothing loose fitting, t-shirt, athletic shoes, socks, sunscreen, sunglasses, lip balm, hat, reusable water bottle, and a small hand towel.

FACILITIES

Sessions are at the Halifax Rowing Association Boathouse, located at **201 City Island Parkway, Daytona Beach**. The Boathouse is located behind Jackie Robinson Stadium and just south of the Daytona Beach Library.

ENROLLMENT

The cost of the Adult Learn to Row program \$150. Fees may be paid online (there is a small processing fee associated with online payments). If registering by mail, please make checks payable to Halifax Rowing Association. If you choose to join the club as a Masters rower, you will receive a \$50 credit toward the remainder of the current dues cycle.


REQUIRED FORMS FOR PARTICIPATION

Athletes will be required to complete waivers prior to participating. Once your registration is received, you will receive a link to complete these forms and/or they can be completed onsite on the first day of each session. Athletes will not be permitted to participate without these forms. All participants must be able to swim – no exceptions.

CANCELLATIONS

If you need to cancel your reservation prior to the beginning of a session for any reason, you will be refunded the amount less a \$25 administrative fee. Refunds will not be issued after the start of any session.

More information, including online payment option, available at www.halifaxrowing.org. Registration form on reverse side.



Thank you for your interest in the Masters Learn to Row sessions! Please complete the requested information below and return to HRA, PO Box 1645, Daytona Beach, FL 32115. Cost of adult rowing sessions: \$150.00 payable via credit card or check. Credit card payments can be made on the HRA website – www.halifaxrowing.org - (\$5 convenience fee). Please complete the information below and bring with you to the first session. Please make checks payable to Halifax Rowing Association and should be mailed to the address listed above along with your completed registration form. Payment in full is required prior to the beginning of each camp. Camp sizes are limited to 20 rowers per session.

Please choose (circle) the session(s) you are interested in attending:

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Please complete (legibly print) the following information:

First/last name: _____

Mobile Phone number: _____

Will you accept texts from HRA during the sessions for schedule updates? YES NO

Email address: _____

Street address: _____

City: _____ State/Zip: _____

EMERGENCY CONTACT

First/Last name: _____

Primary phone number: _____

Relationship to Participant: _____