

# Lake Sunapee Rowing Club

2022 Membership Application / Program Registration

## Personal Details

Name:					
Address:					
City:		State:		Zip Code:	
Phone	(Cell)	(Home)	(Work)		
Email:					
Birthdate:		Gender:		Pronouns:	
<u>USRowing #:</u>			(Club code is HVVU4)	Expiration:	

## Membership Application

Membership Type:	<input type="checkbox"/> New Member	<input type="checkbox"/> Renewal
Experience Level:	<input type="checkbox"/> Novice	<input type="checkbox"/> Experienced Rower
Annual Dues		
Individual Membership	\$150	_____
Family Membership	\$200	_____
Non-Rowing Membership	\$25	_____

## Waivers

### Safety Video:

Watch the USRowing safety video at [www.youtube.com/watch?v=Rx5SUE\\_RdgQ](http://www.youtube.com/watch?v=Rx5SUE_RdgQ) and initial here after viewing. \_\_\_\_\_

### Media Release:

I hereby authorize and give my full consent to Lake Sunapee Rowing Club to copyright and/or publish any and all photographs, videotapes and/or film in which I appear while attending rowing sessions. Lake Sunapee Rowing Club may transfer, use, or cause to be used these photographs, videotapes or films for any exhibitions, public displays, publications, commercials, art and advertising purposes and television programs without limitations or reservations.

\_\_\_\_\_  
Signature and Date (Signature of parent if rower is under 18 years of age)

## Stay Connected

Sign up for email notifications via MailChimp and follow us on Facebook. Info is located on the bottom of every page of the LSRC website.

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## Programs

For more information, contact Brenda at (603) 481-2166 or [info@lakesunapeerowing.org](mailto:info@lakesunapeerowing.org)

## Coached Sessions

Mornings (5:45 – 7:30 AM) – Experienced rowers, with coach’s approval Minimum of 5 rowers required for each session.		
Session 1: May 2 – June 3 (M/W/F)	\$150 / \$220	_____
Session 2: June 6 – July 1 (M/T/Th/F)	\$170 / \$220	_____
Session 3: July 4 – July 29 (M/T/Th/F)	\$170 / \$220	_____
Session 4: Aug. 1 – Aug. 26 (M/T/Th/F)	\$170 / \$220	_____
Session 5: Aug. 29 – Oct. 28 (M/W/F)	\$150 / \$220	_____
“Evenings” (6:00 – 8:00 PM Tu/Th, 6:00 – 8:00 AM Sundays) Minimum of 5 rowers required for each session.		
Session 1: June 7 – July 3 (Novices)	\$150 / \$185	_____
Session 2: July 5 – July 31	\$150 / \$185	_____
Session 3: Aug. 2 – Aug. 28	\$150 / \$185	_____

## Private Lessons

Sculling Lessons (1 ½ hours) – Times to be arranged via email		
Individual	\$50 pp	_____
2 people	\$40 pp	_____
4 people	\$25 pp	_____
Package of 3 lessons (Min. 2 people)	\$75 pp	_____
<b>Total</b>		_____

Notes:

- Refunds only for cancellations of programs by LSRC.
- Drop in rowers will be charged \$20 per session

Novices: Two ways to get started.

1. Join the first “evening” coached session
2. Row with a mentor for four 1-hour sessions after joining the LSRC. Times will be based on mutually agreed upon schedules.

## Donation

In addition to my dues and session fees, a tax-deductible donation of \$\_\_\_\_\_ is included for the  Equipment fund or  Scholarship fund. Thank you!

Complete registration form and mail your check to:

Lake Sunapee Rowing Club, PO Box 287, New London, NH 03257