

Lake Sunapee Rowing Club

2025 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	_____
Adaptive, Volunteer, and Non-Rowing Membership	\$25	_____

Waivers

Swim Test: Demonstrate ability to swim 100 yards and tread water for 10 minutes by submitting a complete [swim test form](#), available under Members on our website.

USRowing Safety Video: I have watched the USRowing safety video at www.youtube.com/watch?v=Rx5SUE_RdgQ. 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 our **new Facebook page**. 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

Coached Sessions

Minimum of 5 rowers required for each session. (member / non member)

Mornings (5:45 – 7:30 AM) – Experienced rowers, with coach’s approval		
Session 1: May 5 – May 30 (M/W/F)	\$150 / \$220	_____
Session 2: June 2 – June 27 (M/T/Th/F)	\$170 / \$220	_____
Session 3: June 30 – July 25 (M/T/Th/F)	\$170 / \$220	_____
Session 4: July 28 – Aug. 22 (M/T/Th/F)	\$170 / \$220	_____
Session 5: Aug. 25 – Oct. 24 (M/W/F)	\$150 / \$220	_____
Evenings (6:00 – 8:00 PM Tu/Th, 6:00 – 8:00 AM Sundays) – Beginner, intermediate rowers, and experienced rowers who can’t attend mornings		
Session 1: June 3 – June 29 (Novices)	\$150 / \$185	_____
Session 2: July 1 – July 27	\$150 / \$185	_____
Session 3: July 29 – Aug. 24	\$150 / \$185	_____
Session 4: Aug. 28 – Sep. 28 (W/Su)	\$125 / \$150	_____
Adaptive Sculling (5:00 – 8:00 PM Wednesdays) – 1-hour lesson by appointment		
Individual	\$10 pp	_____
Private Lessons		
Sculling Lessons (1 1/2 hours) – Times to be arranged via email		
Individual	\$50 pp	_____
2 people	\$40 pp	_____
Package of 3 lessons (Min. 2 people)	\$75 pp	_____
Total		_____

Notes:

- Refunds only for cancellations of programs by LSRC.
- Drop in rowers will be charged \$20 per session. Limit of 4 drop-in sessions per year.

Novices – Two ways to get started:

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

Donations

In addition to my dues and session fees, a tax-deductible donation of \$_____ is included for the Equipment Fund, Scholarship Fund, Adaptive Fund, or General fund.

Complete registration form and mail your check to: