



Lake Sunapee Rowing Club - 2021 Membership Registration

www.lakesunapeerowing.com and find us on Facebook

 First Name Last Name

 Mailing Address Town State Zip

 Cell Phone Alternate Phone Email

Personal Information:

___ Male ___ Female ___ Age
 Birth date: MM ___ DD ___ YY ___
 New member Renewal
 Experienced rower
 Novice: Two ways to get started. Join the June 8 to July 1 coached novice session or row with a mentor for six 1-hour sessions after joining the LSRC. Times will be based on mutually agreed upon schedules.

For more information, phone Brenda at 603-481-2166.

Stay Connected: Sign up for email notifications via MailChimp. Info is located on the bottom of every page of the LSRC website. LakeSunapeeRowing.com

Sculling Lessons (1 1/2hrs)
 Times to be arranged via email: lakesunapeerowing@gmail.com
 1 person \$50, 2 people \$40 each, 4 people \$25 each.
 Package of 3 lessons: \$75 (minimum 2 people)

Annual Dues:	Individual Membership	\$150	_____
	Family Membership	200	_____
	Non-rowing Membership	25	_____
2021 Coached Sessions			
Mornings	5:45-7:30 AM Experienced Rowers*		
	May 3 - June 4 Not coached, flip test required	\$50	_____
	June 7 - July 2 M-T-Th-F (non-members \$220)	\$170	_____
	July 5 - July 30 ð ð ð	\$170	_____
	Aug 2 - Aug 27 ð ð ð	\$170	_____
	Aug 30 - Oct 31 M-W-F Not coached, flip tested	\$170	_____
Evenings	6:00 - 8:00 PM T-Th 6:00 - 8:00 AM Sundays		
	June 8 - July 1 Novices (non-members \$185)	\$150	_____
	July 6- July 29 ð	\$150	_____
	Aug 3 - Aug 26 ð	\$150	_____
<i>Drop-in rowers will be charged \$20 per session.</i>			
			Total \$ _____

Minimum of 5 rowers required for sessions. Refunds only for cancellations of programs by LSRC. *Coaches approval required

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**

Swim Test: (Not required for renewing members)

As a currently accredited lifeguard, I certify that I have observed _____ complete a swim test consisting of **swimming 100 yards** in a competent manner and **treading water for 10 minutes** and then **putting on a PFD** while treading water.

 Lifeguard/Water Safety Instructor (print name, sign and date)

USRowing required: Go to usrowing.org/join-or-renew-membership/ and join or renew membership as a "Basic Member" for \$9.75. Sign the waiver and become an associate with LSRC. Our club's code is HVVU4. Please enter your USRowing number _____

View Safety Video Online: Watch the safety video at 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)