



Intensive Coaching Program (ICP)

INTRODUCTION TO ROWING

The Intensive Coaching Program is designed for the newcomer to the sport (males and females, teens to adults) with emphasis on teaching good technique enabling you to advance in the sport, quickly and safely.

Features include:

- expert instructors
- small class structure – ratio 1:4 maximum
- 4 x 90-minute classes with same instructor and four crew members
- 2 x 2-hour classes with same instructor and two crew members
- individual attention
- use of modern equipment and a comprehensive terminology and information handbook
- presentation of a *Going Rowing* Certificate on completion of classes
- unlimited use of Rowing Centre gym and rowing ergos (during opening hours)
- **PLUS A BONUS** – receive **\$30 discount** on your full Y Rowing Centre Membership **OR** A-squad Welcome Card on completion of your ICP sessions. Row with a training squad for recreation, fitness or competition. Please note, however, that only women can become members.

COST \$129 including GST
PAYMENT IS REQUIRED IN FULL ON CONFIRMATION OF BOOKING

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To be placed on waiting list for the first available class, please complete and return as soon as possible.

Name _____ Age _____
PLEASE PRINT CLEARLY

Address _____ Postcode _____

Ph (home) _____ (work) _____ Fax _____

Email: PLEASE PRINT CLEARLY _____

Rowing: Level: Beginner Some experience **Sculling:** Some experience

Preferred Class times: (please tick as many as possible)

WEEKENDS Saturday am Sunday am

MIDWEEK (6pm October to March only)

Monday Tuesday Wednesday Thursday

Signature: _____ Date: / /

For further information phone Kath on **9592 2147** during business hours. Please return this booking form by **Fax: 9592 2147** or mail to Y Rowing Centre, Lakeside Drive, Albert Park 3206

OFFICE USE ONLY: Date: ____/____/____

Method of Payment: Cheque Visa Mastercard Bankcard Postal Order Ezipay

Credit Card No: ____/____/____/____ Expiry Date: ____/____

BOOKING FORM