



Sculling for Life—L'aviron pour la vie



ROWFIT 'Core Strengthening' Group Fitness Program
2019 INDIVIDUAL APPLICATION FORM

Program Description:

- The class is designed to help strengthen your core and legs as well as build flexibility and balance for better stroke performance in the boat.
- Activities include Pilates mat work, Yoga Sequencing and sport specific strength exercises. Expect to sweat as there will be a cardiovascular element to the program.
- Led by Stuart Maskell, experienced certified fitness professional with rowing background.
- The instructor will supply resistance bands and sponge balls.
- Participants must bring their own mats and water bottles.
- Participants should wear appropriate clothes – yoga pants/shorts, running shoes, and bring a light form fitting jacket in case of cool weather for exercise.
- Session 1 takes place at the Richelieu-Vanier Community Centre, 300 Des Pères-Blancs Avenue, Vanier. All classes will be in Workshop 5 with the exception of May 6 which will be in Workshop 2.

PARTICIPANT(S) INFORMATION:

Surname (of main contact):	First Name:	Tel (home):	Tel (work):
Address:	City:	Prov:	Postal Code:
E-mail address:		Would you like to receive Club information via e-mail? () Yes () No	
Surname of Guardian (if applicable):	First Name of Guardian:	Tel (home):	Tel (work):

A. ROWFIT Session A Schedule

	Dates (Richelieu-Vanier Community Centre)	Fee Session 1 -- \$75:
Session A	Classes: Mondays March 18, 25, April 1, 8, 15; @ 7 pm (N.B.: 5 classes)	

B. ROWFIT Session B Schedule

	Dates (Richelieu-Vanier Community Centre)	Fee Session 2 -- \$90:
Session B	Classes: Mondays. April 29, May 6, 13, 27, June 3; 10 @ 7 pm (excluding Victoria Day Monday on May 20) (N.B.: 6 classes)	

C. ROWFIT FLEXiPass 4

	Dates	Fee per session --\$70:
Flexipass A	Any 4 classes on Mondays in Session A (March 18 – April 15)	
Flexipass B	Any 4 classes on Mondays in Session B (April 29 – June 10 exc. May 20)	

D. TOTAL COST

	Total fee:

Administrative Notes

1. Lessons must be paid in full by either of the following methods:
 - Payment in person at the ONEC tennis pavilion
 - Cheque payable to "Ottawa New Edinburgh Club" (ONEC), mailed to the address below.
2. The minimum number of paying participants to run a session is 13; maximum number is 22.
3. Fees are non-refundable (except with a Doctor's note), but transferrable.

WAIVER

This waiver MUST be signed and dated.

The Club has the right, at any time, to ask for a Doctor's certificate specifying that the participant is in good health for physical activity and to suspend participation pending the provision of this certificate.

I recognize that the use of the facilities and services offered by the Ottawa New Edinburgh Club involve potential risks. I undertake, in my personal capacity and those whom I represent, have custody, my heirs and assigns, to indemnify and save harmless the Ottawa New Edinburgh Club its officers, employees, coaches, independent contractors and other representatives, their successors, heirs and assigns, from and against all claims, damages, loss, costs and expenses relating to any injury including death, or loss of or any damage to my or third party's property and arising out of or being incidental to my presence at the Club or facilities used the Club or the practice of the activities mentioned hereinabove.

Signature of participant or guardian(s):

Date (yyyy/mm/dd):

PRIVACY POLICY

ONEC respects the privacy of participants and members. Basic data are collected for the purposes of communicating information on health, security, registration, events and programs. Data collected are never sold.

Mail cheque and registration form to:
Ottawa New Edinburgh Club (ONEC)
P.O. Box 74088
R.P.O. Beechwood
Ottawa, ON K1M 2H9