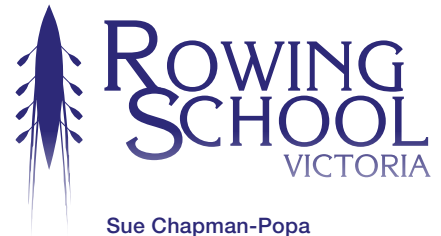


Booking and information form

Learn to Row Sunday Beginners Program

Suitable for absolute beginners
to the more advanced



Sue Chapman-Popa
Olympic rower & medalist
Director, Personal trainer, Rowing coach

M. 0415 803 032
E. info@rowingschoolvic.com.au

PO Box 592, Malvern VIC 3144
www.rowingschoolvic.com.au

Join the
conversation



Step One

Come to the boat shed and take part in a limited number (max of 4 participants), no obligation introduction session. This lesson is suitable for absolute beginners.

Introduction sessions are held on Sundays. Ring Sue Chapman-Popa on **0415 803 032** to find out what time your session is on.

Step Two

Following the no obligation introduction program, you can join the progressive learning program on either a casual basis or purchase a **multi-session pack**.

This card can be shared between family and friends – fantastic!

Step Three

Once your basic rowing skills have been established, we will discuss different options available depending on what you want to do, either recreationally or competitively. We will endeavor to create as many options as possible depending on your availability and commitment level.

All weather

Rowing School Victoria runs all weather programs. All programs will run rain or shine.

What to bring

- Rowing Zootie, bike pants or old shorts (nothing loose like basketball pants)
- Water bottle
- Hat
- Sunscreen
- Sunglasses
- Thongs
- Socks and runners
- Towel
- Full change of clothes
- Jumper or wet weather top (nothing too good, it may get grease on it)

Conditions

Please make sure you understand the conditions of signing up for a casual or a multi-session card.

1. No refunds for unused sessions of a multi-session pack. The multi-session pack is valid for 6 months from the date of the first session taken.
2. All casual sessions are to be paid for in advance and multi-session cards to be paid in full, up-front.
3. Rowing School Victoria payment methods are Cash, Cheque, Bank Deposit and PayPal.
4. Rowing School Victoria does have a 24 hour cancellation policy. If you have a confirmed booking of a rowing session and are a "no show" to the scheduled session or cancel within 24 hours of your scheduled appointment time, you will be charged a full session cancellation fee.
5. **All sessions need to be paid in advance.**

Session duration and rates

All sessions are 2 hours long.

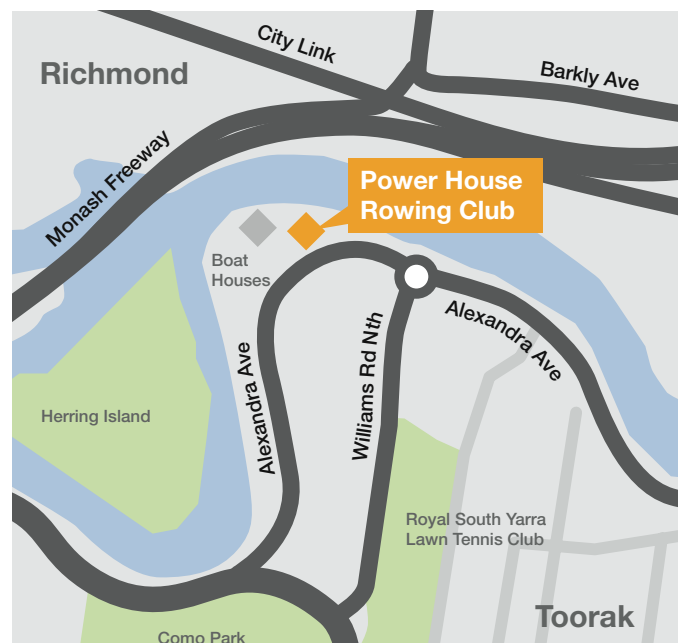
- **No obligation introduction session \$35.00**
- **Beginners casual rate per session \$45.00**
- **Beginners multi-session pack – 10 sessions \$405.00**
(Pay for 9 sessions – and receive the 10th session free!)

Location

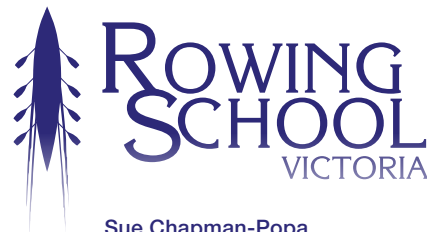
Power House Rowing Club, Alexandra Avenue, Toorak

The Rowing Club is located near the intersection of Williams Road North and Alexandra Avenue on the banks of the Yarra River.

MELWAYS REF 58 G1 or REF 2M D1



Waiver, informed consent, and covenant not to sue



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Sue Chapman Popa / Rowing School Victoria Waiver, Release and Assumption of Risk

This form is an important legal document. It explains the risks you are assuming by beginning an exercise program. It is critical that you read and understand it completely. After you have done so, please print your name legibly and sign in the spaces provided at the bottom.

I,, have volunteered to participate in a program of physical exercise under the direction of Sue Chapman-Popa/Rowing School Victoria, which will include, but may not be limited to, rowing (sweep and sculling), ergometres, sessions in the rowing tank, general exercise, all weight and/or resistance training. In consideration of Sue Chapman-Popa/Rowing School Victoria agreement to instruct, assist, and train me, I do here and forever release and discharge and hereby hold harmless Sue Chapman-Popa/Rowing School Victoria, and their respective agents, heirs, assigns, contractors, and employees from any and all claims, demands, damages, rights of action or causes of action, present or future, arising out of or connected with my participation in this or any exercise program including any injuries resulting there from.

THIS WAIVER AND RELEASE OF LIABILITY INCLUDES, WITHOUT LIMITATION, INJURIES WHICH MAY OCCUR AS A RESULT OF (1) EQUIPMENT THAT MAY MALFUNCTION OR BREAK (2) ANY SLIP, FALL, DROPPING OF EQUIPMENT AND (3) OUR NEGLIGENT INSTRUCTION OR SUPERVISION.

Assumption of Risk

I,, recognize that exercise might be difficult and strenuous and that there could be dangers inherent in exercise for some individuals. I acknowledge that the possibility of certain unusual physical changes during exercise does exist. These changes include abnormal blood pressure; fainting; disorders in heartbeat; heart attack; and – in rare instances – death.

I understand that as a result of my participation in an exercise program, I could suffer an injury or physical disorder that could result in my becoming partially or totally disabled and incapable of performing any gainful employment or having a normal social life.

I recognize that an examination by a physician should be obtained by all participants prior to involvement in any exercise program.

If I,, have chosen not to obtain a physician's permission prior to beginning this exercise program with Sue Chapman-Popa /Rowing School Victoria, I hereby agree that I am doing so at my own risk.

I can swim at least 100 metres in rowing attire (please tick)

I have had a tetanus shot in the last 10 years (please tick)

In any event, I acknowledge and agree that I assume the risks associated with any and all activities and/or exercises in which I participate.

I acknowledge and agree that no warranties or representations have been made to me regarding the results I will achieve from this program. I understand that results are individual and may vary.

I ACKNOWLEDGE THAT I HAVE THOROUGHLY READ THIS WAIVER AND RELEASE AND FULLY UNDERSTAND THAT IT IS A RELEASE OF LIABILITY. BY SIGNING THIS DOCUMENT, I AM WAIVING ANY RIGHT I OR MY SUCCESSORS MIGHT HAVE TO BRING A LEGAL ACTION OR ASSERT A CLAIM AGAINST SUE CHAPMAN-POPA/ ROWING SCHOOL VICTORIA FOR YOUR NEGLIGENCE OR THAT OF YOUR EMPLOYEES, AGENTS, OR CONTRACTORS.

Participant's signature..... Date
(guardian/parent to sign if participant is under 18 years)

Please print name (guardians and parents only),

on behalf of.....