

Booking and information form

Weekly Group Rowing Programs

Monday to Friday -
Perfect for mothers groups & more

When and how to book

Bookings are best made at least one school term in advance. This program is available during **Terms 1, 2, 3 and 4** of the school year.

Once you have selected the term and day you wish to book, please call Rowing School Victoria on **0415 803 032** to discuss the details of your booking and confirm that these dates are available.

To book the dates, you need to complete the booking form, and send via email or post.




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

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

164 Alexandra Ave, Toorak, VIC 3142
www.rowingschoolvic.com.au

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 instagram.com/rowingschoolvictoria

Program prices - excluding 10% GST

8 session term pack - \$465 pp (\$440 + \$25 for share of deposit).
6 session term pack - \$415 pp (\$390 + \$25 for share of deposit).
4 session term pack - \$325 pp (\$300 + \$25 for share of deposit).

Guidelines

- Minimum age for group rowing programs: 13 years & 9 months
- Participants must be able to swim at least 100 metres in rowing attire.
- Dates and times to be arranged prior to commencement of program.
- Lesson length is 2 hours.
- **Number of participants: 4**
- All participants need to sign and return the Rowing School Victoria booking form and waiver included in this pack.
- This program is specifically designed to be able to have an on water session if only when 1, 2, 3 or all 4 signed up crew members attend. Fill-ins are not permitted unless prior consent is given by Sue Chapman-Popa.

All weather

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

What to bring

- Wear fluro, bright or white clothing. No dark colours
- Rowing Zootie, bike pants or old shorts (nothing loose like basketball pants)
- Water bottle
- Hat (bright or white)
- 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.

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



Booking form



Please fill out your registration and emergency contact details, then complete the waiver form. Return both forms via email info@rowingschoolvic.com.au or mail to Rowing School Victoria C/- Sue Chapman-Popa 164 Alexandra Avenue, Toorak, VIC 3142

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ALL SESSIONS NEED TO BE PAID FOR IN ADVANCE.

Name of Participant Ambulance subscription YES NO

Date of birth Illnesses, medication or medical conditions that Rowing School Victoria need to be aware of (eg: asthma, seizures, diabetes, ADHD, dyslexia, learning challenges etc).
 Minimum age for group rowing programs: 13 years & 9 months.

Address

Postcode Emergency contact.....

Phone (parent/18+)..... Emergency phone

Email (parent/18+) Relationship

Program selection & payment

Group name (e.g. Mojo Mamas) School term Year

Session term pack excluding GST **\$465 pp for 8 sessions per term** **\$415 pp for 6 sessions per term** **\$325 pp for 4 sessions per term**
 The breakdown per person is: The breakdown per person is: The breakdown per person is:
 \$440 + \$25 (share of deposit) \$390 + \$25 (share of deposit) \$300 + \$25 (share of deposit)

Total GST Amount Payable 10% _____

Total Amount Payable (incl GST) \$ _____

Selected day/s M T W T F Start time: End time.....

Selected dates 1)...../...../..... 2)...../...../..... 3)...../...../..... 4)...../...../.....
 5)...../...../..... 6)...../...../..... 7)...../...../..... 8)...../...../.....

Crew Captain / Person responsible for deposit payment of \$100 per group

Payment options

Deposits and full payments can be made by the following payment options.

CASH to Sue Chapman-Popa (prior to day of program)

PAYPAL suechapmanpopa@yahoo.com
 Note: Please choose "sent to friend" transaction option.

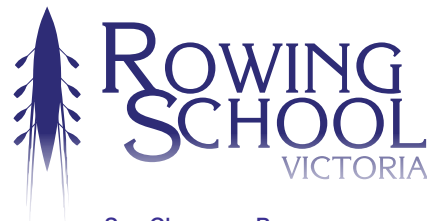
DIRECT BANK DEPOSIT

Account name S C Popa
 Bank Commonwealth Bank
 Branch Malvern
 BSB 063 143
 Account Number 1014 2313
 Reference Full name

I attach my bank receipt for payment made on ____/____/____ for \$_____ total

The reference details must include your name. If you are unable to supply a printout of the payment receipt with reference as requested above, you must email Rowing School Victoria at info@rowingschoolvic.com.au or call Sue on 0415 803 032 and advise that payment has been made. If you cannot provide proof then it may be deemed unpaid.



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, _____, recognise 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)
- I have read and understood the “no-show” and “late cancellation” policies of Rowing School Victoria** (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.....