



**Pocock Rowing Center  
Learn to Row**



**Course:** (please check one)

**October:**  **Weekend Sat/Sun 10/8-10/23: 9-11am**

**November:**  **Weekend Sat/Sun 11/5-11/20: 9-11am**

**Cost: \$50**

This class is intended to introduce the true novice to the beauty of rowing. The class focuses on teaching rowing technique, water safety and a general understanding of the sport. Participants will use ergometers, a barge and rowing shells to learn basic technique in both sweep and sculling. Maximum class sizes are limited to twelve participants to increase opportunities for one on one coaching. Participants should wear or bring the following to each class:

- \* paperwork and check (first class only)
- \* water bottle
- \* hat (for shade in the summer or warmth in the winter)
- \* running shoes and socks
- \* tight fitting athletic clothes (avoid wearing baggy or loose fitting clothing)

**Please arrive 15 minutes early to the first class.**

**Where:** Pocock Rowing Center, 3320 Fuhrman Ave East, Seattle WA 98102

For directions visit our website: [www.pocockrowingcenter.org](http://www.pocockrowingcenter.org)

**To Register:** Contact the office at (206) 328-0778 or email at [info@pocockrowingcenter.org](mailto:info@pocockrowingcenter.org). You can mail or drop off registration information to Pocock Rowing Center, 3320 Fuhrman Ave East, Seattle WA 98102.

\_\_\_\_\_

First Name \_\_\_\_\_ Last Name

\_\_\_\_\_

Address City State Zip

( ) \_\_\_\_\_ ( ) \_\_\_\_\_

Day Phone Evening Phone

\_\_\_\_\_

Email

**I hereby verify that I am able to swim for at least 10 minutes.**

Signature of Participant: \_\_\_\_\_ (Must be at least 12)

Signature of Parent (if Participant is under 18): \_\_\_\_\_



**Assumption of Risk, Liability, Release, and Indemnity Agreement**

I recognize that participation in the sport of rowing at the George Pocock Memorial Rowing Center (GPMRC) involves hazards to me including, but not limited to drowning, collision with other boats, contusions or concussions, hypothermia, sunburn, back strain, and other personal injuries. I hereby personally assume all risks, whether foreseen or unforeseen, for any harm, injury, loss, or damage in connection with the use of GPMRC that might befall me as a result of my participation.

I agree to defend, hold harmless, indemnify, and release PRC and the George Pocock Rowing Foundation (GPRF), its officers, directors, employees, and agents from any and all claims, damages, or losses by me or my family, heirs, or assigns, arising out of my use of PRC, even if caused solely by the negligence of the PRC, the GPRF, its officers, directors, employees, and agents.

Furthermore, I assume complete responsibility for any property damage and/or personal injury caused by me. I promise to pay for all costs involved within 30 days upon presentation of a statement.

I understand this agreement is a contract and shall remain in effect for the duration of my participation and use of GPRF and shall continue thereafter as to any occurrence during my participation and use of PRC. This agreement shall bind my heirs, personal representatives, assigns, and all members of my family, including minors.

I have fully informed myself of the contents of this Assumption of Risk, Liability Release, and Indemnity Agreement by reading before signing it.

PRINTED NAME  
OF PARTICIPANT: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
Street City State Zip

PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

DATE: \_\_\_\_\_

PARTICIPANT'S  
SIGNATURE: \_\_\_\_\_

(Only if 18 or over. If under 18, parent/guardian must sign)