



ADULT WINTER ERG CLASSES
Tuesday, January 9 – Thursday, February 22, 2018

Join fellow rowing enthusiasts in a fun class environment to condition on the “dreaded erg.” Achieve a new level of fitness for general health, cross-training and to improve boat speed when rowing on the water. No prior experience required.

Saturday classes meet in the Rowing Room located just off of the stairwell at the south end of field house at the New Trier Winnetka Campus. Tuesday and Thursday classes meet at New Trier Northfield in the B-Building Commons on the first floor. Classes taught by New Trier High School rowing coaches.

To sign up, complete this form **indicating the sessions you are signing up for** and send with payment.

173-470 Tuesdays (Jan 9, 16, 23, 30, Feb 6, 13) 5:45-6:45 am **\$90** _____

173-471 Thursdays (Jan 11, 18, 25, Feb 1, 8, 15) 5:45-6:45 am **\$90** _____

Late/mixed registrations are \$15.00 per session. (Please circle dates attending). No refunds. Space is limited.

PLEASE FILL IN AMOUNTS FOR EACH CLASS ATTENDING AND SEND IN ENTIRE FORM.

Name _____

Address _____ City _____ Zip _____

Phone: Home _____ Cell _____

e-mail address _____

REGISTER ONLINE at www.newtrierextension.org or **MAIL** with check (made out to NTX) or Visa/MasterCard/Discover information to: NTX, 7 Happ Rd., Northfield, IL 60093 OR **FAX** with Visa/MasterCard/Discover information to: **(847) 446-6614**. Questions? Call NTX at 847.446.6600

Card # _____ - _____ - _____ - _____ Exp. Date ____ / ____

WAIVER

I agree on my behalf, and if applicable my child/ward's behalf, to the waiver, hold harmless, and indemnification terms and all other terms included on reverse side of this registration form.

Signature _____
(Adult signature required to process registration)

New Trier Extension Waiver, Hold Harmless, and Indemnification Terms

I recognize and acknowledge that there are certain risks of physical injury to participants in the course or courses identified on page 1 of this registration form (the "Course"), and I voluntarily agree to assume the full risk of any and all injuries, damages, or loss, regardless of severity, that I or my minor child/ward sustain as a result of participation.

I release and discharge New Trier Township High School District No. 203, the New Trier Extension Program, including the Board of Education, its members, employees, agents, and volunteers ("New Trier High School") from any and all claims from injuries, including death, damages, or losses which I or my child/ward may have or which may accrue on account of participation in the Course.

I further agree to indemnify, hold harmless, and defend New Trier High School from any and all claims resulting from injuries, including death, damages, and losses that I or my child/ward sustain arising out of, connected with, or in any way associated with the activities of the Course.

It is my express intent that this waiver and release shall bind the members of my family, spouse, heirs, assigns, and personal representatives and shall be deemed as a release, waiver, discharge, and covenant not to sue New Trier High School.

In the event of an emergency, I authorize New Trier High School to secure from any licensed hospital, physician, and/or medical personnel any treatment deemed necessary for my or my child/ward's immediate care and agree that I or my child/ward's will be responsible for payment of any and all medical services rendered.

I have read and understand the registration form, including the warning of risk, assumption of risk and waiver and release of all claims.

If any term, covenant, condition, or provision of this registration form is held by a court of competent jurisdiction to be invalid, void, or unenforceable, the remainder of the provisions shall remain in full force and effect and shall in no way be affected, impaired, or invalidated.