

OPTIONAL PRE-WINTER ERG ROWING WORKOUTS

for current, past, and prospective New Trier Rowers
Saturday, November 7 – Thursday, December 17, 2009

*This is a great way for new rowers to gain experience
and for experienced rowers to continue conditioning.*

Space is limited so sign up early!

ERG workouts will be held at the New Trier High School Winnetka Campus Rowing Room and will include body and weight circuit work. Sessions will be held for 5 weeks beginning Saturday, November 7, 2009. Each session is two hours. To sign up complete the following form indicating the sessions you are signing up for and any days you would not be available. Mail along with a \$65 check for each session selected payable to NEW TRIER EXTENSION, 7 Happ Road, Northfield, IL 60093. Or to pay by credit card, fill in Visa/Mastercard number and expiration date and **mail to:** NTX, 7 Happ Road, Northfield, IL 60093 or **fax to: 847.446.6614**

Space is limited.

Girls N, JV & V:

#093 610 Mon 4-6pm _____ \$65

#093 611 Wed 4-6pm _____ \$65

Boys N, JV & V:

093 612 Mon 6-8pm _____ \$65

#093 613 Wed 6-8pm _____ \$65

#093 614 Thurs 6-8pm _____ \$65

093 615 Sat 8-10 am _____ \$65

Your name _____ Total Payment \$ _____

Address _____ City _____

Phone number _____ E-mail _____

Visa/Mastercard _____ Exp. Date _____

Signature _____

Assume you are in your first choice class unless notified otherwise.

Classes taught by New Trier High School rowing coaches.

Late registration will be pro-rated. No refunds.

Class Dates

Mondays: November 9, 16, 23, 30, December 7

Wednesdays: November 11, 18, 25, December 2, 9

Thursdays: November 12, 19, December 3, 10, 17

Saturdays: November 7, 14, 28, December 5, 12

OPTIONAL WINTER ERG ROWING WORKOUTS

for current, past, and prospective New Trier Rowers

Monday, January 4 – Saturday, February 27, 2010

*This is a great way for new rowers to gain experience and
for experienced rowers to continue conditioning.*

Space is limited so sign up early!

ERGOMETER workouts will be held at the New Trier High School East Campus Rowing Room and will include body and weight circuit work. Sessions will be held for 8 weeks beginning Monday, January 4, 2010. Each session is two hours. Makeup sessions allowed for no class on Monday, January 11, Wednesday, January 13, and Thursday, January 14 (due to First Semester Exams). To sign up complete the following form indicating the sessions you are signing up for and any days you would not be available. Mail along with a \$100 check for each session selected payable to NEW TRIER EXTENSION, 7 Happ Road, Northfield, IL 60093. Or to pay by credit card, fill in Visa/Mastercard number and expiration date and **mail to:** NTX, 7 Happ Road, Northfield, IL 60093 or **fax to: 847.446.6614**

Space is limited.

Girls Session:

#093 616 Mon 4-6pm _____

093 617 Wed 4-6pm _____

Boys Session:

#093 618 Mon 6-8pm _____

#093 619 Wed 6-8pm _____

#093620 Thurs 6-8pm _____

#093 621 Sat 8-10 am _____

Your name _____ Total Payment \$ _____

Address _____ City _____

Phone number _____ E-mail _____

Visa/Mastercard _____ Exp. Date _____

Signature _____

Assume you are in your first choice class unless notified otherwise.

Classes taught by New Trier High School rowing coaches.

Late registrations will be pro-rated. No refunds.

Class Dates

Mondays: January 4, (makeup for 11th), 18, 25, February 1, 8, 15, 22

Wednesdays: January 6, (makeup for 13th), 20, 27, February 3, 10, 17, 24

Thursdays: January 7, (makeup for 14th), 21, 28, February 4, 11, 18, 25

Saturdays: January 9, 16, 23, 30, February 6, 13, 20, 27

File: NT pre-winter, winter 2009-10 rowing workouts