

SUMMER ERG CLASSES

Monday, July 13 - Friday, July 31, 2020



NEW TRIER
extension



Great for new rowers to gain experience and for experienced rowers to continue conditioning on state-of-the-art *Concept2* ergometers. Space is limited so sign up early! Each course is 1.5 hours per session and will include body and weight circuit work. No prior experience required. Wear tighter fitting shorts and a t-shirt. Bring a water bottle. Classes taught by New Trier High School Rowing Coaches. In case of inclement weather class will be cancelled; **No refunds.**

202-619 Week 1 (W, TH, F July 8-10)

Location: New Trier Northfield Campus, Inner Courtyard

Novice: 1:30-3:00 p.m. \$51 _____

Varsity: 3:00-4:30 p.m. \$51 _____

202-620 Week 2 (M, W, F July 13, 15, 17)

Location: New Trier Northfield Campus, Inner Courtyard

1:30-3:00 p.m. \$51 _____

202-621 Week 3 (M, W, F July 20, 22, 24)

Location: New Trier Northfield Campus, Inner Courtyard

1:30-3:00 p.m. \$51 _____

202-622 Week 4 (M, W, F July 27, 29, 31)

Location: New Trier Northfield Campus, Inner Courtyard

1:30-3:00 p.m. \$51 _____

Total: \$ _____

Name: _____ Birthdate: _____

Address: _____

City: _____ Zip: _____

Phone: _____ Email: _____

Emergency Contact: _____ Phone: _____

QUESTIONS? Call us at (847) 446-6600 | **REGISTER ONLINE** at www.ntx203.net

REGISTRATION IS ONLINE ONLY!

If you need to make other arrangements, please email us at xtension@nth.net.

WAIVER

I agree on my behalf to the waiver, hold harmless, and indemnification terms and all other terms included on reverse side of this registration form.

Signature _____ Date _____

(Signature REQUIRED to process registration)

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.