

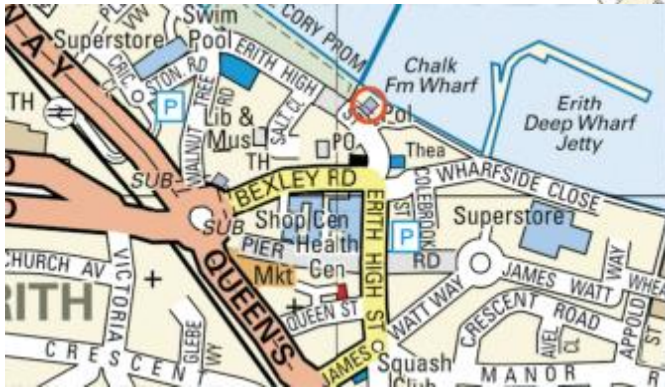
**Learn to Row Course**  
**NEW MEMBER INFORMATION**

|   |  |
|---|--|
| Full Name   | Preferred Forename                                     |
| Date of Birth   | Sex  |
| Ethnicity<br>White <input type="radio"/> Black <input type="radio"/> African <input type="radio"/> Mixed <input type="radio"/> Indian <input type="radio"/> Other Asian <input type="radio"/> Chinese <input type="radio"/> Other <input type="radio"/>   |  |
| Date Course Commenced   | Date Course Finishes (last session)                    |
| Preferred e-mail address  | Other e-mail address (es)                              |
| Current Level of participation in sport (no. of 30 min sessions per week – please detail)   |  |
| Telephone Numbers<br>Home _____<br>Work _____<br>Mobile _____   | Weight (kilograms) _____<br>Height (centimetres) _____ |
| Emergency Contact<br>Name _____ Telephone no. _____   |  |
| Do you suffer from any of the following: (√ ✘)<br>Asthma <input type="radio"/> Diabetes <input type="radio"/> Epilepsy <input type="radio"/> Visual Impairment <input type="radio"/> Deafness <input type="radio"/> Heart Condition <input type="radio"/> |  |
| Do you suffer from any other Medical Conditions physical disabilities and/or allergies that may be affected by hard physical exercise (Please list)   |  |
| Ability to swim at least 50 metres in light clothing (T shirt, shorts, sweat top and shoes)<br><p style="text-align: center;">YES/NO</p>  | Any other information                                  |
| <b>Club Member Info Only</b>  | <i>Members Initials &amp; Date</i>                     |
| Contact number forwarded to all rota members  |  |
| Progress Report allocated   |  |
| Information sheet given to participant  |  |
| Learn to Row Course fee received  |  |
| Learn to Row membership and subs form given   |  |
| Learn to Row membership form received   |  |
| Subs received (Treasurer)   |  |

# Information Sheet

## Locations

Danson Park  
Danson Road  
Bexleyheath  
London  
DA6



Erith Rowing Club  
Erith Boathouse  
20 High Street  
Erith  
Kent DA8 1QY

## Learn to Row Course Dates

Tuesdays - Danson Lake 6pm - All abilities aged 14 and over  
Saturdays - Danson Lake 9am - All abilities aged 14 and over

Course 1      3rd June – 21st June inclusive  
Course 2      8th July – 26th July inclusive  
Course 3      5th Aug – 23rd Aug inclusive

*These sessions may be subject to change according to the weather, please contact us to be sure.*

## **Winter training (Oct – Mar)**

Tuesday and Thursdays land training at the Erith Clubhouse from 6.30pm (all abilities)

## Learn to Row Course

Courses cost £12. Completion of the course entitles you to a 6 month reduced subscription of £8 per month adults, £4 students/unwaged, £3 under 16s.

To reserve your place on a course:

1. Please call Alison Fisher 07969102140
2. Send your payment and completed 'new member information' sheet in advance to 'Learn to Row Course' Treasurer, Erith Rowing Club, c/o Alison Fisher, 6 The Mount, Broomfield Road, Bexleyheath, Kent DA6 7PE. Please make cheques payable to Erith Rowing Club.

## Requirements

You need to be a competent swimmer.

You will need to wear gym type clothing – layers are best. No jeans & no tops with side opening pockets.

In the boat plimsolls or socks will be more suitable than chunky trainers.

Bring a change of clothes and a drink.

## Contacts

### **Learn to Row Sessions**

|                |               |
|----------------|---------------|
| Alison Fisher  | 07969102140   |
| Fred Smith     | 07932683645   |
| Mog Stubbs     | 020 8306 0821 |
| Peter Hamblin  | 020 8303 8177 |
| Jason Lawrence | 07771723447   |
| Jane Axam      | 07834400086   |

### **Winter land training at Erith**

|                    |             |
|--------------------|-------------|
| Alison Fisher      | 07969102140 |
| Fred Smith         | 07932683645 |
| Natalie Fitzgerald | 07525206230 |
| Simon Hart         | 07919054618 |
| Jason Lawrence     | 07771723447 |
| Jane Axam          | 07834400086 |

**Don't forget to check out our website for more information [www.erithrowingclub.co.uk](http://www.erithrowingclub.co.uk)**