



ADULT SPRING ERG CLASSES
Tuesday, April 18 – Thursday, June 1, 2017

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. Bring your iPod and all can row to your favorite music!

Classes meet at Northfield Campus of New Trier in the B-Building. Use the B-1 entrance to go to the B-Commons. Classes taught by New Trier High School rowing coaches.

#171-603 Tuesdays, (April 18, 25, May 2, 9, 16, 23, 30) 5:45-6:45 am **\$105** _____

#171-604 Thursdays, (April 20, 27, May 4, 11, 18, 25, June 1) 5:45-6:45 am **\$105** _____

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

Name _____

Address _____ City _____ Zip _____

Phone: Home _____ Cell _____

e-mail address _____

MAIL with check or credit card information to: NTX, 7 Happ Rd., Northfield, IL 60093 OR FAX with credit card information to: (847) 446-6614. **Register Online at www.newtrierextension.org** VISA/MasterCard/Discover (no American Express):

Card # _ _ _ _ - _ _ _ - _ _ _ _ Exp. Date ___ / ___

WAIVER

I do hereby stipulate and agree to indemnify and forever hold harmless New Trier School District 203, their employees and agents against any and all claims arising out of my/my child's participation in the NTX program or occupancy of the school premises.

Signature _____

(Signature of Participant 21+ years/parent/guardian required to process registration)

Emergency Contact _____ **Phone** _____

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.