

**ADULT FALL ERG CLASSES**  
**Tuesday, August 1-Thursday, October 26, 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. *Wear tighter fitting shorts and a t-shirt. Bring a water bottle.* No discounts.

Classes meet at the Northfield Campus in the B-Commons (enter through the door marked New Trier Extension from the Frontage Road lot). Class will be held outside as weather allows! Classes taught by New Trier High School rowing coaches.

**173-601 Tuesdays, 5:45-6:45 am (Aug 1, 8, 15, 22, 29; Sept 5, 12, 19, 26; Oct 3, 10, 17, 24) = \$195**

**173-602 Thursdays, 5:45-6:45 am (Aug 3, 10, 17, 24, 31; Sept 7, 14, 21, 28; Oct 5, 12, 19, 26) = \$195**

*Late/mixed registrations are \$15.00 per session. Please circle dates attending if not full session. No refunds. Space is limited.*

Name \_\_\_\_\_ Birthdate: \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell \_\_\_\_\_ Work Phone \_\_\_\_\_

E-mail Address \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone \_\_\_\_\_

**Register Online at [www.newtrierextension.org](http://www.newtrierextension.org)** OR 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.

**VISA/MasterCard/Discover (no American Express):**

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

**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 of participant REQUIRED to process registration)**

**PARTICIPATION WILL BE DENIED** if the signature of adult participant or parent/guardian and date are not on this waiver. Please mail completed form with payment to: NTX, 7 Happ Road, Northfield, IL 60093. Or FAX to :847.446-6614 Questions? Call NTX 847.446.6600

### **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.