



Dear Parent/Caregiver

Your son/daughter has expressed an interest in The TGS 'Learn to Row 2017' program for year 8s. This FREE 5 week course is designed to give BIS students an insight into rowing. It covers both land and water based training.

The sessions will run from Friday 7th April to Wednesday 10th May (excluding school holidays). All water activity will run out of the TGS Bayswater Marina Rowing Shed. Indoor ergo training will be based at the TGS Rowing shed (behind the Sports Hall). It will take place as follows:

**WATER BASED SESSIONS**

(6am - 8am)

Friday 7th April

Sunday 9th April

Wednesday 12th April

Sunday 7th May\*\*

Wednesday 10th May

**PIZZA /DVD NIGHT (Bayswater)**

**LAND BASED SESSIONS**

(3.15 - 4.15pm)

Thursday 6th April

Thursday 13th April

Thursday 4th May

Thursday 11th May

**Saturday 13th May 6.30pm**

\*\*BBQ Social after for all parents and new rowers

If you are interested in your son/daughter participating on the course please fill in the attached slip and return to the BIS office by Friday 3rd March.

My son/daughter..... In Room.....

has shown an interest in the TGS 'Learn To Row 2017' program for year 8s.

I confirm he/she has my permission to attend and can swim at least 50m.

Parent name ..... Contact No.....

Email..... Parent signature.....



**TAKAPUNA GRAMMAR SCHOOL ROWING CLUB**  
SIGN UP FORM 5 weeks 'Learn to Row 2017'

NAME..... Room No.....  
PHONE NO..... Email.....

ROWING / COXING (Please circle)



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