



LMC Winter ERG Registration 2010-2011

For the second year LMC will be holding erg classes indoors, with heat, running through the winter season. The classes will run 6 weeks and the fee will be \$125 per session (2x/week). Drop-ins are possible on a space available basis at \$15 per session.

Questions? Contact john-cotter@hotmail.com.

NAME:				
SESSION:				
[√]	Class	Days	Time	Session
	ERG1	Tu Th	6:30-7:30 a.m.	\$125.
	ERG2	Tu Th	8:30-9:30 a.m.	\$125.
	ERG3	Tu Th	6:00-7:00 p.m.	\$125.
	ERG4	Sa	8:00-9:00 a.m.	\$15 drop-in fee
	ERG5	Sa	9:15-10:15 a.m.	\$15 drop-in fee

Cost is \$125 per class for the session, \$15 drop-in fee

Make checks payable to LMC

Mail your check to:
Lincoln Maritime Center
P.O. Box 492
Hingham, MA 02043