

Pre-registration For Nordic Walking - Fall 2011

** Pre-registration for Fall Session 2011 **

We are encouraging all participants to pre-register for our Nordic Walkfit classes in advance of the classes which begin September 12, 2011. This will help to ensure that there is room for you. Please note that class sizes vary but the number of poles for loan is limited. Pre-registration guarantees your spot in the class.

Please complete the registration form below and send it along with your cheque, ParQ's, and Waivers to:

Wendi Paterson
3041 Ridgetop Rd
Dunrobin, Ontario
K0A 1T0

Nordic Walkfit Pre-registration Form - Fall Session 2011

Name:

Address:

City:

Postal Code:

Home phone:

Email:

Fall Session : Monday September 12 to Saturday November 5, 2011.

I would like to register for the following classes: (please check off)

Choice	Date and Time	Class
_____	Mon. 9:30-10:30 am	Beginner/Gentle Nordic Walkfit (Jennifer)
_____	Mon. 9:30-10:30 am	Nordic Walkfit Fat Burner - Intermediate/Advanced- (Wendi)
_____	Tues. 9:00-10:00 am	Advanced Nordic Fusion (Wendi)
_____	Tues. 5:30-6:30 pm	Nordic Walkfit Fat Burner - Beginner/Intermediate/Advanced (Lynne)
_____	Wed. 9:30-10:30 am	Nordic Fusion - Intermediate/Advanced (Wendi)
_____	Thurs. 9:00-10:00 am	Advanced Nordic Fusion (Wendi)
_____	Thurs. 5:30-6:30 pm	Nordic Walkfit Fat Burner - Beginner/Intermediate/Advanced (Wendi)
_____	Fri. 9:30-10:30 am	Beginner/Gentle Nordic Walkfit (Jennifer)
_____	Fri. 9:30-10:30 am	Nordic Walkfit Fat Burner - Intermediate/Advanced- (Wendi)
_____	Sat. 9:00-10:00 am	Nordic Fusion - Intermediate/Advanced (Lynne)

Payment (please make cheques payable to Wendi Paterson)

Once a week for 8 weeks	Twice a week for 8 weeks (\$3.00 discount applied)	Three times a week for 8 weeks (\$5.00 discount applied)
___ \$64.00 using your own poles	___ \$125.00 using your own poles	___ \$187.00 using your own poles
___ \$74.00 using our poles	___ \$145.00 using our poles	___ \$217.00 using our poles

(__ YES) (__ NO) I am including a copy of Par-Q or waiver available at <http://www.nordicwalkfit.com/Forms.aspx>
(ParQ's and Waivers are required from new participants only or anyone whose health status has changed since the last time they filled one out for Nordic Walking)