

Pre-registration For Nordic Walking - Fall 2012

** Pre-registration for Fall Session 2012 **

We are encouraging all participants to pre-register for our Nordic Walkfit classes in advance of the classes which begin September 10, 2012. 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 2012

Name:

Address:

City:

Postal Code:

Home Phone:

Email:

Cell Phone:

Fall Session : Monday September 10 to Saturday November 10, 2012. (9 weeks)

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

Choice	Date and Time	Class
_____	Mon. 9:30-10:30 am	Learn to Nordic Walk - Beginner 1
_____	Mon. 9:30-10:30 am	Fat Burner Nordic Walk - Beginner 2/Intermediate/Advanced
_____	Tues. 9:00-10:00 am	*Bootcamp Nordic Fusion - *Sept 11- Nov. 1 (8 weeks) - Intermediate/Advanced
_____	Tues. 5:30-6:30 pm	Nordic Fusion - Beginner 2/Intermediate/Advanced
_____	Wed. 9:30-10:30 am	Nordic Fusion - Beginner 2/Intermediate/Advanced
_____	Thurs. 9:00-10:00 am	*Bootcamp Nordic Fusion - *Sept 11- Nov. 1 (8 weeks) - Intermediate/Advanced
_____	Thurs. 5:30-6:30 pm	Fat Burner Nordic Walk - Beginner 2/Intermediate/Advanced
_____	Fri. 9:30-10:30 am	Fat Burner Nordic Walk - Beginner 2/Intermediate/Advanced
_____	Sat. 9:00-10:00 am	5km, 10km and 1/2 Marathon Nordic Walk Training- Beginner 2/Intermediate/Advanced
_____	Sat. 10:30-11:30 am	Nordic Fusion - Beginner 2/Intermediate/Advanced

Payment (please make cheques payable to Wendi Paterson)

Once a week for 9 weeks	Twice a week for 9 weeks	Three times a week for 9 weeks
__ \$72.00 using your own poles	__ \$144.00 using your own poles	__ \$216.00 using your own poles
__ \$82.00 using our poles	__ \$164.00 using our poles	__ \$246.00 using our poles
*Bootcamp - Once a week for 8 weeks	*Bootcamp - Twice a week for 8 weeks	
__ *Bootcamp \$64.00 using your own poles	__ *Bootcamp \$128.00 using your own poles	
__ *Bootcamp \$74.00 using our poles	__ *Bootcamp \$148.00 using our poles	

(__ YES) (__ NO) I am including a copy of ParQ or waiver available at www.nordicwalkfit.com/NWForms.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)