

# Pre-registration For Nordic Walking - Summer 2012

## \*\* Pre-registration for Summer Sessions 1&2 2012\*\*

We are encouraging all participants to pre-register for our Nordic Walkfit classes in advance of the classes. Session 1 begins Monday July 9, and Session 2 begins Monday August 13. 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 - Summer Sessions 1&2 2012

Name:

Address:

City:

Postal Code:

Home Phone:

Email:

Cell Phone:

#### Summer Session 1 - 4 weeks: Monday July 9 to Wednesday August 1, 2012.

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

Choice	Date and Time	Class
_____	Mon. 9:00-10:00 am	Fat Burner Nordic Walk - Beginner 2/Intermediate/Advanced
_____	Wed. 9:00-10:00 am	Nordic Fusion - Intermediate/Advanced

#### Summer Session 2 - 3 weeks: Monday August 13 to Wednesday August 29, 2012.

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

Choice	Date and Time	Class
_____	Mon. 9:00-10:00 am	Fat Burner Nordic Walk - Beginner 2/Intermediate/Advanced
_____	Wed. 9:00-10:00 am	Nordic Fusion - Intermediate/Advanced

#### Payment (please make cheques payable to Wendi Paterson)

<u>Session 1 - Once a week for 4 weeks</u>		<u>Session 1 - Twice a week for 4 weeks</u>	
___ \$32.00 using your own poles		___ \$64.00 using your own poles	
___ \$42.00 using our poles		___ \$84.00 using our poles	
<u>Session 2 - Once a week for 3 weeks</u>		<u>Session 2 - Twice a week for 3 weeks</u>	
___ \$24.00 using your own poles		___ \$48.00 using your own poles	
___ \$34.00 using our poles		___ \$68.00 using our poles	
<u>Sessions 1 &amp; 2 - Once a week for 7 weeks</u>		<u>Sessions 1 &amp; 2 - Twice a week for 7 weeks</u>	
___ \$56.00 using your own poles		___ \$112.00 using your own poles	
___ \$66.00 using our poles		___ \$132.00 using our poles	

(\_\_ YES) (\_\_ NO) I am including a copy of ParQ or waiver available at <http://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)