

## Nordic Walkfit Snowshoeing Pre-registration Form

We are encouraging all participants to pre-register for our Nordic Walkfit Snowshoeing [classes](#). This will greatly reduce the registration process on colder mornings and allow participants to begin their warm up. Pre-registration also guarantees your spot in the class.

Name:

Address:

Email:

City:

Postal Code:

Home Phone:

Emergency Contact Name:

Emergency contact number:

1. STEP ONE : Select your option (5 weeks, 4 weeks or 9 weeks) and indicate your choice in left column.

_____	OPTION A : FIVE weeks (Session One) : Sat. Jan. 8- Wed. Feb. 9, 2011
_____	OPTION B : FOUR weeks (Session Two) : Sat. Feb. 12- Wed. Mar. 9, 2011
_____	OPTION C : NINE weeks (FULL Winter: Sessions One & Two) : Sat. Jan. 8- Wed. Mar. 9, 2011

2. STEP TWO : Select your day(s) and class and indicate your choice(s) in left column.

CHOICE	DAY AND TIME	CLASS
_____	MONDAY 10:00-11:00 am	Beginner/Intermediate Snowshoeing
_____	MONDAY 10:00-11:00 am	Intermediate/Advanced Snowshoeing
_____	WEDNESDAY 10:00-11:00 am	Beginner/Intermediate Snowshoeing
_____	WEDNESDAY 10:00-11:00 am	Intermediate/Advanced Snowshoeing
_____	SATURDAY 10:00- 11:00 am	Beginner/Intermediate Snowshoeing
_____	SATURDAY 10:00- 11:00 am	Intermediate/Advanced Snowshoeing

3. STEPTHREE : (All prices include HST.) Please make cheques payable to Wendi Paterson, 3041 Ridgetop Road, Dunrobin, Ontario K0A 1T0

**OPTION A** : FIVE weeks (Session One) : Sat. Jan. 8- Wed. Feb. 9, 2011

<b>Once a week for 5 weeks</b>	<b>Twice a week for 5 weeks</b>	<b>Three times a week for 5 weeks</b>
___ \$ 34.00 using your own poles	___ \$ 68.00 using your own poles	___ \$ 101.50 using your own poles
___ \$ 45.25 using our poles	___ \$ 90.50 using our poles	___ \$ 135.50 using our poles

**OPTION B** : FOUR weeks (Session Two) : Sat. Feb. 12- Wed. Mar. 9, 2011

<b>Once a week for 4 weeks</b>	<b>Twice a week for 4 weeks</b>	<b>Three times a week for 4 weeks</b>
___ \$ 27.25 using your own poles	___ \$ 54.25 using your own poles	___ \$ 81.50 using your own poles
___ \$ 36.25 using our poles	___ \$ 72.25 using our poles	___ \$ 108.50 using our poles

**OPTION C** : NINE weeks (FULL Winter: Sessions One & Two) : Sat. Jan. 8- Wed. Mar. 9, 2011

<b>Once a week for 9 weeks</b>	<b>Twice a week for 9 weeks (\$3.00 full session discount)</b>	<b>Three times a week for 9 weeks (\$5.00 full session discount)</b>
___ \$ 61.00 using your own poles	___ \$ 119.00 using your own poles	___ \$ 178.00 using your own poles
___ \$ 81.50 using our poles	___ \$ 159.75 using our poles	___ \$ 239.00 using our poles

( \_\_ YES ) ( \_\_ NO ) I am including a copy of ParQ or waiver available at <http://www.nordicwalkfit.com/Forms2.aspx>  
(ParQ's and Waivers are required from new participants only or anyone whose health status has changed.)

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

Wendi Paterson  
3041 Ridgetop Rd  
Dunrobin, Ontario  
K0A 1T0