

# Pre-registration For Snowshoeing

## **\*\*New This Season - Pre-registration\*\***

We are encouraging all participants to pre-register for our Snowshoe Nordic Walkfit [classes](#) in advance of the classes which begin January 11, 2010. This will help to greatly reduce the registration process on colder mornings so that participants can get started with warm up exercises right away.

Pre-registration also 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

### Snowshoeing Nordic Walkfit Pre-registration Form

Name:

Address:

City:

Postal Code:

Phone:

Email:

**I would like to register for the following classes in Session One: beginning the week of Jan. 11, 2010.  
(please check off)**

<input type="checkbox"/>	Mon. 10:30- Beginner/ Intermediate	<input type="checkbox"/>	Wed. 10:30- Intermediate	<input type="checkbox"/>	Sat. 10:30- Beginner/Intermediate
<input type="checkbox"/>	Mon. 10:30- Intermediate/Advanced	<input type="checkbox"/>		<input type="checkbox"/>	Sat. 10:30- Intermediate/Advanced

**I would like to register for the following classes in Session Two: beginning the week of Feb. 15, 2010.  
(please check off)**

<input type="checkbox"/>	Mon. 10:30- Beginner/ Intermediate	<input type="checkbox"/>	Wed. 10:30- Intermediate	<input type="checkbox"/>	Sat. 10:30- Beginner/Intermediate
<input type="checkbox"/>	Mon. 10:30- Intermediate/Advanced	<input type="checkbox"/>		<input type="checkbox"/>	Sat. 10:30- Intermediate/Advanced

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

<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>
<input type="checkbox"/> \$45.00 using our poles	<input type="checkbox"/> \$87.00 using our poles	<input type="checkbox"/> \$130.00 using our poles
<input type="checkbox"/> \$35.00 if you bring your own poles	<input type="checkbox"/> \$67.00 if you bring your own poles	<input type="checkbox"/> \$100.00 if you bring your own poles
<b>Once a week for 10 weeks</b>	<b>Twice a week for 10 weeks</b>	<b>Three times a week for 10 weeks</b>
<input type="checkbox"/> \$90.00 using our poles	<input type="checkbox"/> \$174.00 using our poles	<input type="checkbox"/> \$260.00 using our poles
<input type="checkbox"/> \$70.00 if you bring your own poles	<input type="checkbox"/> \$134.00 if you bring your own poles	<input type="checkbox"/> \$200.00 if you bring your own 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 since the last time they filled one out for Nordic Walking)