

THE NORDIC POLE

November 2011



End of Season...Already!

With the incredibly warm and sunny days in late October and early November, it seems impossible that our Nordic Walking instructional season is over! Where has the time gone, you ask? We are so lucky that there are still a few days to get together with friends and walk those familiar pathways and practice all those important exercises to maintain our well earned fitness levels. It won't be much longer before we will have to trade in our running shoes for walking boots and warmer layers but that also brings us closer to the best season of all.... SNOWSHOETIME!!!

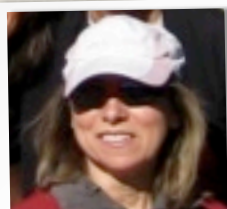
Since there has been an overwhelming response to snowshoe classes, it is important now to register formally to confirm your spot in the classes you pre-selected last August.

On page three of this newsletter, you will find a snowshoe registration form to complete and send it to Wendi with your ParQ, waiver, and cheque by November 30th. (Cheques should be postdated no later than November 30th.) You may even bring your completed forms to our *Wrap Up Party* on November 24th. See party details on page two of this newsletter.

Wendi has many people on waiting lists, so don't wait too long to submit your registration! We don't want anyone to be disappointed!

This season has been very rewarding not only for the participants of Nordic Walkfit, but also for the instructors. Wendi, Lynne and Jennifer wish to thank each one of you for your enthusiastic participation and interest in their classes. They look forward to seeing you when the Snowshoe Season begins, January 7, 2012.

Last, but not least, good luck to our "Movember" candidates! xoxoxox



WENDI PATERSON



LYNNE JENKINS



JENNIFER GLASGOW

Let's Celebrate Together!

Come to our Third Annual Wrap Up Party!

FOOD! FUN! FRIENDS! FIT-TIP QUIZ! PRIZES! NO POLES REQUIRED!



All this and more will be happening at our *Wrap Up Party* to be held on Thursday November 24 from 6:00 pm - 9:00 pm at Swiss Chalet, 653 Terry Fox Drive, Kanata.

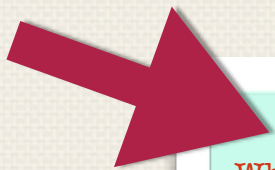
Come and join all of your walking friends and meet new ones!

Please RSVP to Wendi Paterson as soon as possible!

Mark your calendar and be sure to attend!

*** P.S. If you haven't had the opportunity to send in your Snowshoeing registration and cheque, forms will be available for you to complete and submit at the party!***

The hottest ticket in town!!!



Wrap Up Party

When: Thursday November 24 at 6:00 pm to 9:00 pm

Where: Swiss Chalet 653 Terry Fox Drive, Kanata

Menu: Open Menu / Festive Menu

Dress: Casual

RSVP: Please RSVP to Wendi Paterson

by phone (613-832-4407)

or email wendipaterson@hotmail.com

2012 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. 7- Fri. Feb. 10, 2012

_____ OPTION B : FOUR weeks (Session Two) : Sat. Feb. 11- Fri. Mar. 9, 2012

_____ OPTION C : NINE weeks (FULL Winter: Sessions One & Two) : Sat. Jan. 8- Fri. Mar. 9, 2012

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 Nordic Snowshoeing
_____	MONDAY 10:00-11:00 am	Intermediate/Advanced Nordic Snowshoeing
_____	WEDNESDAY 10:00-11:00 am	Beginner/Intermediate Nordic Snowshoeing
_____	WEDNESDAY 10:00-11:00 am	Intermediate/Advanced Nordic Snowshoeing
_____	FRIDAY 10:00-11:00 am	Beginner/Intermediate Nordic Snowshoeing
_____	FRIDAY 10:00-11:00 am	Intermediate/Advanced Nordic Snowshoeing
_____	SATURDAY 10:00- 11:00 am	Beginner/Intermediate Nordic Snowshoeing
_____	SATURDAY 10:00- 11:00 am	Intermediate/Advanced Nordic Snowshoeing
_____	SATURDAY 12:00- 1:00 pm	Beginner/Intermediate/Advanced Nordic Snowshoeing

3. STEP THREE : (All prices include HST.) Please make cheques (postdated no later than Nov. 30/2011) payable to :
Wendi Paterson, 3041 Ridgetop Road, Dunrobin, Ontario K0A 1T0

OPTION A : FIVE weeks (Session One) : Sat. Jan. 7- Fri. Feb. 10, 2012

Once a week for 5 weeks	Twice a week for 5 weeks	Three times a week for 5 weeks
_____ \$ 40.00 using your own poles	_____ \$ 80.00 using your own poles	_____ \$ 120.00 using your own poles
_____ \$ 50.00 using our poles	_____ \$ 100.00 using our poles	_____ \$ 150.00 using our poles

OPTION B : FOUR weeks (Session Two) : Sat. Feb. 11- Fri. Mar. 9, 2012

Once a week for 4 weeks	Twice a week for 4 weeks	Three times a week for 4 weeks
_____ \$ 32.00 using your own poles	_____ \$ 64.00 using your own poles	_____ \$ 96.00 using your own poles
_____ \$ 42.00 using our poles	_____ \$ 84.00 using our poles	_____ \$ 126.00 using our poles

OPTION C : NINE weeks (FULL Winter: Sessions One & Two) : Sat. Jan. 7- Fri. Mar. 9, 2012

Once a week for 9 weeks	Twice a week for 9 weeks (\$3.00 full session discount)	Three times a week for 9 weeks (\$5.00 full session discount)
_____ \$ 72.00 using your own poles	_____ \$ 141.00 using your own poles	_____ \$ 211.00 using your own poles
_____ \$ 82.00 using our poles	_____ \$ 161.00 using our poles	_____ \$ 241.00 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 and [ParQ's, and Waivers](#) to:

Wendi Paterson
3041 Ridgetop Rd
Dunrobin, Ontario
K0A 1T0

The [Emergency Contact Card](#) is **not** to be mailed in but completed and carried with you at all times during classes. This is for everyone's benefit in case of accident or emergency.

FALL PHOTO GALLERY



EAT, SLEEP, NORDIC WALK!

If you have any ideas, suggestions, photos or contributions to offer to this newsletter, please drop Mary Tregunno a line at tregunno1@sympatico.ca.