



Manor Park
Community Council

ADULT PROGRAM REGISTRATION FORM – 2010

Please print clearly

Participant _____
First name Surname

Address _____ Ottawa, ON Postal Code _____

Phone (h) _____ e-mail _____

Emergency contact:

Name _____ Phone _____

Please list: Health issues _____ Allergies _____ Other _____

I do hereby consent for myself to participate in the course stated and will not hold the Manor Park Community Council or their employees or their instructors liable for any accident or damage during the activity. I give permission for photographs to be taken of the registrants while participating in the program and understand that should a photograph be used for promotional purposes, no child will be identified by name.

Signature _____ Print name _____ Date _____

Zumba- A great aerobic workout set to fun and upbeat music!

- Session 2a: Mon. Jan 4 to Mar 1, 2010
7-8pm (8 week session) \$50
- Session 3a: Mon. Mar 8 to May 3, 2010
7-8pm (8 week session) \$50

TOTAL \$ _____

Boot Camp- A new spin on an exciting full body work out.

- Session 1: Wed. Jan 6 to Feb 24, 2010
7-8pm (8 week session) \$50
- Session 2: Wed. Mar 3 to Apr 28, 2010
7-8pm (8 week session) \$50

TOTAL \$ _____

- Please make cheques payable to MPCC.
- A \$25 fee will be levied for returned cheques.
- Registration not considered complete until payment is received.
- Completed registration form and payment should be returned in person weekdays between 8 am and 4 pm, or by mail to: MPCC Office, 100 Braemar St. Ottawa, ON K1K 3C9
- Please ask about our refund policies: 741-4776
- Questions? Contact us at 741-4776 or mpcc@manorpark.ca



Office / Mailing address: 100 Braemar Street Ottawa, On K1K 3C9 Tel.: (613) 741-4776
 Fieldhouse: 100 Thornwood Road Ottawa, ON Tel.: (613) 741-4753

www.manorpark.ca