



Manor Park
Community Council

ADULT PROGRAM REGISTRATION FORM – 2012

Participant _____	_____
Address _____	_____
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

Totally Toned with Louise Hannant

Have you been swaying, dancing, and getting fit to Latin beats with Zumba! – or toning and burning at Boot Camp? Women of all ages are invited to try our newest fitness program utilizing Pilates techniques, yoga and strength training.

Instructor: Louise Hannant

Wednesdays

January 11 to February 29, 2012

Time: 7:00- 8:00pm

Location: Manor Park School Small Gym

TOTAL \$60 per session
 \$10 drop-in fee

- 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 9 am and 3 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