



YMCA-YWCA

REGISTRATION FORM

NEPEAN YMCA-YWCA

StrongWomen™ Core Program

Thank you for your interest in the 2011/2012 StrongWomen™ **Core Program**.
To register please complete this registration form and return to the
Nepean YMCA-YWCA by email, mail or in person.
1642 Merivale Road, 2nd floor (Merivale Mall), Ottawa, ON K2G 4A1 613.727.7070

If you have any questions, please call Melody Rochon at 613.727.7070 or email her at
melody.rochon@nationalcapitalregionymca-ywca.ca

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CONTACT INFORMATION

Name: _____

Date of Birth: (mm/dd/yy) _____

Address: _____

Tel: _____ Cell/Work: _____

Email Address (please print clearly): _____

Emergency Contact: _____

Tel: _____ Cell/Work: _____

PROGRAM OPTIONS

Please indicate your core module choices:

Please note: Module #1 must be completed prior to attending Module #2 and/or #3

Indicate choice	September 19 th – December 16 th , 2011		
	NEPEAN	Module #1	Tuesdays 1:30 – 2:30 pm Thursdays 1:30 – 3:00 pm
	NEPEAN	Module #1	Tuesdays 6:30 – 7:30 pm Thursdays 6:30 – 8:00 pm
Indicate choice	January 2 nd – March 30 th , 2012		
	NEPEAN	Module #1	Mondays 6:30 – 7:30 pm Wednesdays 6:30 – 8:00 pm
	NEPEAN	Module #2	Tuesdays 1:30 – 2:30 pm Thursdays 1:30 – 3:00 pm
	NEPEAN	Module #2	Tuesdays 6:30 – 7:30 pm Thursdays 6:30 – 8:00 pm
Indicate choice	April 2 nd – June 29 th , 2012		
	NEPEAN	Module #2	Mondays 6:30 – 7:30 pm Wednesdays 6:30 – 8:00 pm
	NEPEAN	Module #3	Tuesdays 1:30 – 2:30 pm Thursdays 1:30 – 3:00 pm
	NEPEAN	Module #3	Tuesdays 6:30 – 7:30 pm Thursdays 6:30 – 8:00 pm

**** There will be no classes on Statutory or Civic Holidays ****

FEE OPTIONS

Please indicate your Core program preference.

Please note: Refunds will not be issued for any absences or withdrawal from the program.

Core Package

Includes a one-year Core Y Membership and Module #1, #2, and #3 StrongWomen™ Core Program

Full payment (under 60 years) = \$985 + HST

Full payment (over 60 years) = \$835 + HST

Payment Plan (under 60 years) = 9 monthly payments of \$109.00 + \$4.25 monthly admin fee + HST

Payment Plan (over 60 years) = 9 monthly payments of \$92.78 + \$4.25 monthly admin fee + HST

Core Program Only

Full payment (Module #1, #2, and #3) = \$755.00 + HST

Individual Module Payment (one module) = \$255.00 + HST

PAYMENT INFORMATION (Please do not include financial information if you are emailing or faxing. For security reasons please give us a call or drop in with that information)

Full Payment MasterCard Visa Amex Cheque Cash/Debit

Name of cardholder: _____

Card #: _____

Expiry date: _____

Pre-authorized credit card withdrawal (15th of month) MasterCard Visa Amex

Name of cardholder: _____

Card #: _____

Expiry date: _____

Pre-authorized chequing account withdrawal (attach void cheque)

Name of Financial Institution: _____

Account #: _____

Transit #: _____

Bank #: _____

Participant signature: _____

Date: _____