



## REGISTRATION FORM

### **RUDDY FAMILY 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, 2<sup>nd</sup> 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](mailto: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 <sup>th</sup> – December 16 <sup>th</sup> , 2011		
	Ruddy Family Y	Module #1	Tuesdays 1:30 – 2:30 pm Thursdays 1:30 – 3:00 pm
	Ruddy Family Y	Module #1	Tuesdays 7:00 – 8:00 pm Thursdays 7:00 – 8:30 pm
Indicate choice	January 2 <sup>nd</sup> – March 30 <sup>th</sup> , 2012		
	Ruddy Family Y	Module #1	Mondays 10:00 – 11:30 am Wednesdays 10:00 – 11:00 am
	Ruddy Family Y	Module #2	Tuesdays 1:30 – 2:30 pm Thursdays 1:30 – 3:00 pm
	Ruddy Family Y	Module #2	Tuesdays 7:00 – 8:00 pm Thursdays 7:00 – 8:30 pm
Indicate choice	April 2 <sup>nd</sup> – June 29 <sup>th</sup> , 2012		
	Ruddy Family Y	Module #2	Mondays 10:00 – 11:30 am Wednesdays 10:00 – 11:00 am
	Ruddy Family Y	Module #3	Tuesdays 1:30 – 2:30 pm Thursdays 1:30 – 3:00 pm
	Ruddy Family Y	Module #3	Tuesdays 7:00 – 8:00 pm Thursdays 7:00 – 8:30 pm

\*\* There are 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 (15<sup>th</sup> 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: \_\_\_\_\_