

JANUARY 2012

COMPLETE CORE ATHLETICS & FITNESS

TRAINING & NUTRITIONAL PROGRAMS

REGISTRATION FORM

Name :	Phone :
	Cell:
Address:	
Email:	
Emergency Contact:	
Date of Birth:	AHC:
Concerns that Trainer should be aware of:	
<p>Session: (Please Circle)</p> <p>Training Camp + Nutrition: \$1437.50 5:00am 6:00am 9:00am</p> <p>Online + Nutrition: \$600.00</p> <p>Training Camp Only M/W/F: \$360.00 <input type="radio"/> SESSION #1 - JAN 9 TO MAR30, 2012 <input type="radio"/> SESSION #2 - APR 2 TO JUN 22, 2012 <input type="radio"/> SESSION #3 - JUN 25 TO SEPT 14, 2012 <input type="radio"/> SESSION #4 - OCT 1 TO DEC21, 2012</p> <p>Training Camp Only T/T: \$240.00 <input type="radio"/> SESSION #1 - JAN 9 TO MAR30, 2012 <input type="radio"/> SESSION #2 - APR 2 TO JUN 22, 2012 <input type="radio"/> SESSION #3 - JUN 25 TO SEPT 14, 2012 <input type="radio"/> SESSION #4 - OCT 1 TO DEC21, 2012</p> <p>** Training Camp participants have the option of attending the Nutrition Workshop..if so please add the \$20.00 fee to your price</p>	<p>Payment amount :</p> <p>Class: \$ _____ +</p> <p>Nutrition: \$ _____ 20.00</p> <p>GST(5%: \$ _____</p> <p>TOTAL: \$ _____</p> <p>Payment Method: Cash Cheque</p> <p>Cheques / Post Dated Cheques:</p> <p>#1 Nov 28/11: \$ _____</p> <p>#2 Dec 15/11: \$ _____</p> <p>#3 Jan 15/11: \$ _____ (5 day camp only)</p> <p>Notes: (If other payment options have been made and approved please provide details here)</p>

Please make your cheque payable to **COMPLETE CORE ATHLETICS & FITNESS** (address below). Cheques will be cashed as they are received. NO refunds will be given.

Please mail a **complete registration package** to Complete Core Athletics & Fitness c/o Janeene Spiess (Gist) at Box 1727 Gibbons, AB T0A 1N0. This includes:

- Completed registration form
- Client Agreement Form
- Signed liability form
- Completed and signed PAR-Q form.
- Payment
- If necessary, a completed and signed PAR-MedX form. This is only necessary if you answered “Yes” to any of the questions on the PAR-Q. This form is available online at <http://uwfitness.uwaterloo.ca/PDF/parmedx.pdf>. Your doctor fills this form out.

Other information: Bring a water bottle. Clean indoor shoes to be left here or not worn outside and weight lifting gloves (optional)