



# Fitness & Wellness Program Registration

**PRE-REGISTRATION IS REQUIRED FOR ALL COURSES. FULL PAYMENT IS DUE AT THE TIME OF REGISTRATION.**

### Register by Mail:

Complete this form, enclose a cheque payable to the City of Prince Albert for the full registration fee(s) and mail to:

**Fitness & Wellness Registrations**  
C/O Margo Fournier Centre  
1211 - 1<sup>st</sup> Avenue West  
Prince Albert, SK S6V 4Y8

OR

### Register in Person:

Drop off this completed form along with full payment (cash or cheque only) during regular office hours at:

**Margo Fournier Centre**  
1211 - 1<sup>st</sup> Avenue West (Behind Gateway Mall)

Office Hours: Weekdays 8:00 AM to 4:45 PM

For program information or registration assistance please phone the **Margo Fournier Centre at 953-4816**

**\*\*\*Registrations will not be accepted over the phone\*\*\***

## PARTICIPANT INFORMATION

Last Name		First Name		M / F
Address			City	Postal Code
Home Phone	Business Phone	Cell Phone	Email Address (granting permission to receive monthly program updates)	

## COURSE INFORMATION – *You can register for up to three courses on this form*

Course Name				
Start Date	End Date	Start Time	End Time	Registration Fee

Course Name				
Start Date	End Date	Start Time	End Time	Registration Fee

Course Name				
Start Date	End Date	Start Time	End Time	Registration Fee

## RELEASE AND WAIVER OF CLAIM

(Please Print) I, \_\_\_\_\_, participant or parent / legal guardian of \_\_\_\_\_,

hereby acknowledge and agree that in consideration of my participation or the participation of the youth for whom I act as guardian in the Fitness & Wellness Program offered by the City of Prince Albert that:

- i. I understand and acknowledge the risks inherent with the activities carried on under the program, and hereby accept and assume all such risks which I or the participating youth for whom I act as guardian may be exposed;
- ii. I am sufficiently informed to represent to the City that I or the participating youth for whom I act as guardian does not suffer any condition that may affect my or his / her ability to safely participate in the program. I also acknowledge that the City reserves the right to require a medical certificate in respect to my or his / her ability to participate;
- iii. I acknowledge that the Sponsor and the City of Prince Albert are not warranting my or his / her safety while participating;
- iv. I do hereby and forever release and hold harmless from liability the Sponsor and the City of Prince Albert and any employees, agents, or officers thereof from any property loss or personal injury claims that I or he / she may have as a result of being involved in the said program;
- v. I have carefully read and understand clearly that by signing this Release and Waiver of Claim, I will be forever prevented from suing or claiming against the Sponsor and City of Prince Albert or any employee, agent, or officer thereof for any property loss or personal injury that I or the youth may suffer while participating;
- vi. I also acknowledge that the Sponsor and the City of Prince Albert would not permit me or him / her to participate unless I signed this Release and Wavier of Claim and agreed to comply with the rules and regulations as set out by the Sponsor and City of Prince Albert.

Date: \_\_\_\_\_ 20\_\_\_\_ Signature: \_\_\_\_\_ Witness: \_\_\_\_\_



# Margo Fournier Centre

## Fitness & Wellness Registration Guide (Sept. – Dec. 2011)

### **FITNESS**

#### **City of Prince Albert Fitness Card**

Purchasing a City of Prince Albert Fitness Card gives you access to all four of the below Drop In Fitness Classes. Using a Fitness Card is fast and easy. Each time you attend a Drop In Fitness Class simply scan your card at the front desk to subtract a class from your pre-purchased balance. Fitness Cards come in a variety of denominations from 5 classes up to 20 classes.

	Drop In	5 Classes	10 Classes	15 Classes	20 Classes
Fee:	\$5.00	\$20.00	\$35.00	\$45.00	\$55.00

#### **Drop In Fitness Classes**

##### **After Work Fitness**

This class is conveniently scheduled right after work to get your heart pumping with cardio, core exercises, Zumba and Yoga.

*Mon:* Cardio/Core Strengthening *Wed:* Zumba Party *Fri:* Yoga Fitness

Mon, Wed, Fri 5:15 PM – 6:15 PM

Sept. 12, 2011 – Dec. 16, 2011

Instructor: Gloria Bell

##### **Easy Adult Fitness**

Class focuses on walking, stretching, toning, flexibility and balance. Circuit training is involved with low impact aerobic activity. This class is perfect for those who prefer a lighter workout.

Mon, Wed, Fri 9:30 AM – 10:30 AM

Sept. 12, 2011 – Dec. 16, 2011

Instructor: Ruth Griffiths

##### **Noon Hour Fitness**

Conveniently scheduled during the noon hour, this class is perfect for those who want to squeeze in some exercise during their lunch break. Enjoy a different workout each day of the week.

*Mon:* Step Intervals *Tues:* Cardio *Wed:* Step Intervals *Thurs:* Core Intervals *Fri:* Yoga

Mon – Fri 12:15 PM – 12:45 PM

Sept. 12, 2011 – Dec. 16, 2011

Instructor: Josie Hemsworth

##### **Morning Yoga**

People doing yoga have found many health benefits such as better sleeping, lessening of joint pain, more flexibility, more energy and general well being. This class provides a total body workout of stretches and poses. You will be taught to work at your own level and how to monitor your own body. Loose comfortable clothing and bare feet is suitable.

Thursdays 10:30 – 11:30 AM

Sept. 15, 2011 – Dec. 15, 2011

Instructor: Grace Dansereau

##### **Evening Yoga**

Yoga focuses on the physical postures called *ananas*, breathing exercises called *pranayama*, and meditation. The benefits of yoga include improved physical fitness, mental clarity, greater self-understanding, stress control and general well being. Create peace in your day with yoga. Practice a progressive series of gentle stretches and balance poses. Participate at your own level. This class is open to all skill levels.

Wednesdays 7:00 – 8:00 PM

Sept. 14, 2011 – Dec. 14, 2011

Instructor: Ruth Griffiths

### **Registered Classes**

#### **Total Body Workout**

**with Ruth Griffiths**

Strengthen and condition your body using the exercise ball. Aerobic activity followed by core strengthening and total body stretching. Improve your balance and posture. Get fit and have fun.

#1 Sept. 15– Nov 3.....6:30 – 7:30 PM

Tuesdays for 8 Weeks **\$60.00**

#2 Nov 10 – Dec. 15.....6:30–7:30 PM

Tuesdays for 6 weeks **\$50.00**

#### **Beginner Salsa Dancing**

**With Randy Krammer**

*Partner required. No dance experience necessary.*

Do you have 2 left feet and no rhythm? No problem. This class will introduce Salsa at a comfortable, easy to learn pace. Students can wear whatever they are comfortable dancing in - street clothes are acceptable. Bring clean, non-scuffing indoor shoes and a water bottle.

Oct. 18 - Nov. 22.....7:00 – 8:00 PM

Tuesdays for 6 weeks

**\$50.00 per person or**

**\$80.00 per couple**

### **Free Program**

#### **Noon Hour Walking**

Open gym time for self-directed walking. Walking is one of the best ways to increase cardio-vascular fitness and maintain a healthy body weight, unfortunately our cold winters can make it difficult to get out and walk. Take advantage of our gymnasium and beat the winter weather. No equipment, or instruction provided. Enrollment in program required.

Sept. 6 – Dec. 23...12:00–12:50 PM

Mondays – Fridays (Excluding holidays)

**Free**

## ***RECREATIONAL SPORTS LEAGUES***

### **Co-ed Floor Hockey**

Floor Hockey is back at the Margo Fournier Centre! Each team will be scheduled for 3 - 4 games per week. Each game will run in a half-hour time slot. Teams must have between 6 and 12 players on their roster including the goalie. All players must be at least 18 years.

Mon & Wed Oct. 3 – Dec. 16, 2011; 7:00 PM – 9:30 PM

**Fee: \$200.00 per team + \$50.00 mandatory default fee**

Registration & Payment Deadline: Sept. 27<sup>th</sup>

### **Co-ed Dodgeball League**

New to the Margo Fournier Center is the exciting game of dodge ball. This sport will test your balance, hand-eye coordination and reflex skills. Each team will be scheduled 2-3 games a week that run a half hour in length. Teams must have 6-10 players on their roster. This is a co-ed league, so there must be at least 1 female on the playing surface at all times. This is an adult league, all players on the roster must be at least 18 years.

Thurs. Oct. 6 – Dec. 15, 2011; 6:30 - 8:30 PM

**Fee: \$150.00 per team + \$50.00 mandatory default fee**

Registration & Payment Deadline: Sept. 30<sup>th</sup>

### **Co-ed Dodgeball Tournament**

This introductory tournament will introduce everyone to the game of dodge ball in a fun way. This is a free tournament and spots are limited so early registration is encouraged. Roster numbers and age requirements are the same as the league.

Fri-Sun. Sept. 23 - 25, 2011.

**Fee: FREE + \$50.00 mandatory default fee**

Registration & Payment Deadline: Sept. 19<sup>th</sup>

### **Co-ed Inner Tube Water Polo**

Want to try a fun sport in water without having to be an expert swimmer? Inner tube water polo may be for you. Games will be played at the Frank Dunn Pool and teams will play once a week. Registration is limited in this league so register early. This is a non-competitive, adult co-ed league, so there must be 1 female playing at all times and all players must be at least 18 years. Teams must have 6-8 players on their roster.

Sun. Oct. 2 – Dec. 18, 2011; 11:00 AM -1:00 PM

**Fee: \$175.00 per team + \$50.00 mandatory default fee**

Registration Deadline: Sept. 26<sup>th</sup>