

BREAST CANCER ACTION GO WITH THE FLOW FITNESS CLASSES

2011-2012 Registration and Waiver

Registration and participation is free. All participants **must register** in order to attend by filling out both this form and a session choice form and returning them both to Breast Cancer Action. Only 1 signed waiver is required for each participant for the 2011-2012 year and will be kept on file until August 31, 2012. Classes are in English.

Participant Name: _____

Address: _____

Telephone: _____

E-mail: _____

Are you currently a member in good standing of Breast Cancer Action? YES NO

Emergency Contact Information

Name: _____

Telephone: _____

Eligibility

BCA fitness classes are open to anyone who has had a breast cancer diagnosis (before, during or after treatment, including surgery—after first checking with your healthcare provider).

Medical Information

Are you currently receiving treatment for any condition that may affect your ability to exercise?

YES NO If yes, please explain.

Please list any allergies, medications, chronic illness or other conditions we should be aware of:

Mandatory Participant Waiver and Release of All Claims

I understand that my participation in this class is voluntary and at my own risk. I take responsibility for any activity I elect to participate in. I acknowledge that there are certain risks of physical injury and I agree to assume the full risk of any injuries including death, damages or loss regardless of severity which I may sustain as a result of participating in any and all activities connected with/associated with these classes. I agree to waive and relinquish all claims I may have as a result of participating in the program against Breast Cancer Action (BCA) and all officers, agents, servants, employees and/or against the instructor or substitute teacher. I understand that any photography taken while participating in a class or related event may be used for promotional purposes by BCA. In the event of emergency, I authorize BCA and the instructor to secure from any licensed hospital, physician and/or medical personnel any treatment deemed necessary for my immediate care. I have carefully read, fully understand and agree to the aforementioned. Further, to the best of my knowledge, the health information provided above is accurate. Personal information will be kept secure and confidential.

Signature: _____

Date: _____

BREAST CANCER ACTION GO WITH THE FLOW SESSION CHOICES

Your registration is complete upon Breast Cancer Action receiving **the waiver and your session choices**. You can **mail or hand deliver** to Breast Cancer Action, 301-1390 Prince of Wales Dr, Ottawa, ON K2C 3N6 OR **scan and email** to info@bcaott.ca. ***We are accepting registration forms by mail, email or hand delivery only. No faxes or phone calls please! Thank you!*** Last year's waiver is now expired. **You must sign a new one BEFORE starting any class. It will be held on file until August 31, 2012. Please put your name & phone number at the top of this form.**

Please indicate your 1st, 2nd and 3rd choices by an X. **Please understand that we will do our best to make sure everyone gets their first choice, however, second or third choices will be given only after registration time is complete and only if there is space available in the class.** Our goal is to offer these programs to as many different participants as possible. Most classes have a maximum number of participants due to space size.

Class Description	Choice 1	Choice 2	Choice 3
Tai Chi Saturdays 10:30-11:30 AM Hunt Club Riverside Park Community Centre, 3320 Paul Anka Drive Jan 14-Mar 24			
Pink Swan Ballet Wednesdays 6:30-7:30 PM Hunt Club Riverside Park Community Centre, 3320 Paul Anka Drive Jan 11-Mar 21			
Gentle Fit with Jojo Fridays 9:00-10:00 AM Starr Gymnastics 2766 Lancaster Rd Jan 13-Mar 9			
YoChi Thursdays 1:30-2:30 PM Bob MacQuarrie Rec Complex 1490 Youville Dr Orleans Jan 12-Mar 22			
Yoga Tuesdays 11:00-12:00 Pretty St Comm Centre 2 Pretty St Stittsville Jan 10-Mar 20			
Yoga Thursdays 11:15-12:15 Pretty St Comm Centre 2 Pretty St Stittsville Jan 12-Mar 22			
Yoga Thursdays 1:00-2:00 PM Rideau Tennis Club 1 Donald St Jan 12-Mar 22			
Stretch & Strength Mondays 9:00-10:00 AM Rideau Tennis Club 1 Donald St Jan 9-Mar 19			
Stretch & Strength Wednesdays 9:00-10:00 AM Rideau Tennis Club 1 Donald St Jan 11-Mar 21			
Stretch & Strength Fridays 9:00-10:00 AM Rideau Tennis Club 1 Donald St Jan 13-Mar 23			
Stretch & Strength Wednesdays 2:30-3:30 PM Goulbourn Recreation Complex 1500 Shea Rd Jan 11- Mar 7			
Stretch & Strength Thursdays 10:30-11:30 AM Nepean Creative Arts Centre 35 Stafford Rd Jan 12-Mar 22			



Classes are not held on Statutory Holidays