



STRENGTHENING EXERCISE CLASSES

REGISTRATION FORM

CLASS DURATION & TIMES:

- Classes for an hour, weekly, over ten weeks, during school term
- You may enrol in an extra class, on a different day during the week (only after all other applicants have been accommodated in at least one class per week)
- Registrations are taken on a first-come-first-served basis; please register early as numbers per class are strictly limited
- If your preferred class is full, we will offer you an alternative class for the term
- If you are unable to attend a class, please ring or text **Markesha on 0403 536 753** to make alternate arrangements.

COST:

- *The cost is **\$65 for the 10-week term**, and includes full use of supplied equipment.*
- Fees payable prior to term commencement.
- Payment can be made by cash, or cheque or money order, or electronic deposit.
- Payment to be made **at the classes**. A receipt will be issued confirming your enrolment
- All payments are **NON REFUNDABLE**

ENROLMENT:

- It is essential your GP has completed the **Medical Clearance Form** BEFORE commencing Classes
- The Medical Clearance is transferable to the next term when continuing unless your medical condition has changed (a new form is required annually, or after a significant break from classes, or a change in your condition).
- Take payment with this **Registration Form** and the **Medical Clearance Form** to your class
- Once you have these two forms, please ring Markesha 0403 536 753 to book into a class. Please leave a message and allow 24 hours for Markesha to get back to you.

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NAME: _____

ADDRESS: _____ **POST CODE:** _____

TELEPHONE: _____ **EMAIL:** _____

Are you a new participant: YES NO

Copy of completed Medical Clearance Form: YES NO

Payment Method:

- Cash
- Cheque (made payable to Mid Mountains Neighbourhood Centre Inc.)
- Electronic Bendigo Bank; account Mid Mountains Neighbourhood Centre; bsb 633000; account no. 133017020
- deposit Quote SOS and your surname, and tell Markesha the date paid so we know whose fees are paid.

TURN UP TO YOUR PREFERRED CLASS/CLASSES YOU WISH TO ENROL FOR THIS TERM: (MAXIMUM NUMBERS APPLY)				
VENUE	DAY	TIME	CLASS	PREFERRED CLASS
Bullaburra Progress Hall Cnr GWH & Noble St Bullaburra	Mon	9am – 10am	Intermediate / Advanced	
	Mon	10.15 – 11.15 am	Allrounders / Beginners	
	Tue	9am – 10am	Intermediate / Advanced	
	Tue	10.15 – 11.15 am	Allrounders / Beginners	
	Fri	9 – 10am	Intermediate / Advanced	
	Fri	10.15 – 11.15 am	Allrounders / Beginners	