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# The OFFICIAL Sole Sisters 2015 ~ Registration Form

Your Name: \_\_\_\_\_

Full Address: \_\_\_\_\_

Phone Numbers: \_\_\_\_\_

Email Address – necessary for communicating! You may add multiple email addresses... however please print VERY clearly... thank you!

\_\_\_\_\_  
\_\_\_\_\_

\*\* If you are registering for a walk or run clinic please indicate your shirt size: \_\_\_\_\_

In case of emergency we want to help you! Who should we contact?

Name: \_\_\_\_\_ Best number to reach them at: \_\_\_\_\_

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*We love STATS! If you would kindly share with us... we would love that... if not, we understand ☺!*

How did you learn about Sole Sisters? Circle or answer in writing ☺.

Sister of the past	Website	A friend (aka a Sister)	Facebook	Poster (where?)
Other: _____				

What is your age today? \_\_\_\_\_ ~ Good time to mention, ALL Sole Sisters information is confidential ☺.

Why you are here ☺? Circle as many as you'd like below...

To...	WALK	WALK/RUN	RUN	Get out of the house!	Meet new people
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Do something new!	HAVE FUN!	Find others like me!	Apparently someone told me I "need" to!
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Tell us something special about you ~

\_\_\_\_\_

\* Every Participant is required to complete a ParQ Form (A Physical Activity Readiness Questionnaire). This form is valid for one year ~ please forgive us for asking you every year to complete a new form ☺. This is a separate form that requires your signature, please bring it to the clinic on day 1 or scan & send it to Mena.

**\*Please note here any medical condition or information you feel is necessary we know about you ASAP. THANK YOU!**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Please Pick Your Clinic or Program by Circling what YOU want☺.**

<b>CLINIC:</b>	<b>Days &amp; Times:</b>	<b>Dates:</b>	<b>Cost:</b>
<b>2015 Sole Sisters 14 Week 10k</b>	Tuesdays 6-8pm	Jan. 20-Apr. 21st	\$119 + GST = \$124.95
<b>2015 Sole Sisters Extended 20 Weeks</b>	Tuesdays 6-8pm	Jan. 20-April 21 <sup>st</sup>	\$139 + GST = \$145.95
<b>2015 Sole Sisters Jan. ½ Marathon</b>	Tuesdays 6-8pm Long Runs Sundays at 8am (optional mtg)	Jan. 20-April 21 <sup>st</sup>	\$139 + GST = \$145.95
<b>2015 Sole Sisters 14 Week 10k</b>	Thursdays 10- 11:30am	Jan. 22-Apr. 23 <sup>rd</sup>	\$119 + GST = \$124.95
<b>2015 Cyber Sisters</b>	Cyberly	Jan. 20-April 21 <sup>st</sup>	\$89 + GST = \$93.45
<b>2015 Sole Sisters Mom &amp; Daughter</b>	Tuesdays 6-8pm Or Thursdays 10- 11:30am	Whichever Clinic you pick – less 10%! 2 is more fun than 1!	14 week = 238 + GST = \$249.90 20 week = 278 + GST = \$291.90
<b>2015 MINI Soles!</b>	Tuesdays 6-8pm Ages “diaperless” - 11	Jan. 20-Apr. 22 <sup>nd</sup> 12 weeks total care (not available on off site nights)	\$59 + GST per child 3 <sup>rd</sup> child and more are free☺
<b>Women’s Yoga</b>	Wednesdays 6:30- 7:30pm  Fridays 6:30-7:15am	On website – can you fill this in please mom – yes – it’s update there... thank you!!	
<b>Core Fusion</b>	Thursdays 9-9:55am		
<b>Spin Sisters &amp; Spin Brothers</b>	Monday nights at JDF Recreation	I will have to complete this still	

**Total Registration Fees with GST (5%):** \_\_\_\_\_

**Payment method:**    **cash**    **cheque**    **online**    **GC**    **WOW**

**Total paid:** \_\_\_\_\_ **Thank you!**

