

# Nordic Walking

**Join us to learn about the new craze in health and wellness, Nordic Walking!**  
**Open to all ages and limited to 20 participants so sign up today!**

**Program is free but registration is required for roster and equipment reservation.**

**Contact Katie for more information.**



**Program Date:**

**Tuesday, June 13th**  
**11:00 AM**

**Program Fee: FREE REGISTRATION !!!**

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Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Male/Female \_\_\_\_\_ Phone # \_\_\_\_\_  
 Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_ E-mail: \_\_\_\_\_  
 Emergency Contact: \_\_\_\_\_ Phone #: \_\_\_\_\_

Yes, I give the YMCA permission to take pictures of me participating in this program

Signature \_\_\_\_\_ Date: \_\_\_\_\_ Staff Initials \_\_\_\_\_

### **Cancellation Policy**

We understand that everyone has busy lives, therefore we will be more than willing to make refunds. Please remember these guidelines when making changes. Cancellations made 7 days prior to the start date of the lesson will receive the registration fee minus a \$5 processing fee. If cancellations are made **less than 7 days prior** to the scheduled start date **No refunds** will be given. If the program is cancelled due to low enrollment the full registration fee will be refunded.