

# Drums Alive Cardio

## Monday Evenings at 6:30 p.m.

	<b>Spring Session 2019</b>	<b>Dates: Monday April 29 – Monday June 24, 2019</b> <b>No Class Monday May 20 (Victoria Day)</b> <b>Time: 6:30 p.m. – 7:30 p.m.</b> <b>Location: Benson Centre – Automotive Room</b>	<b>Fee Structure:</b>  \$56.50 for 8 Classes, includes HST (Full Session)  \$8.00 – per class drop in fee, plus HST
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### DRUMS ALIVE®

Enter a new dimension of fitness. Feel and experience the pulsating rhythms, dynamic movements and powerful percussions of this new and unique high-energy dance rhythmical class. Drums Alive® is designed to burn fat, improve physical and mental fitness and above all, be fun!



Come ready to sweat! Wear comfortable exercise clothing and shoes. A 55" or 65" exercise ball is required. Drumsticks are provided. For more information on the Drums Alive Program or to purchase an exercise ball they can contact Jenny Irvine at [jenny@achievefitnesscornwall.com](mailto:jenny@achievefitnesscornwall.com) or visit [www.drums-alive.com](http://www.drums-alive.com)



### Participant Details

NAME \_\_\_\_\_ AGE \_\_\_\_\_ GENDER \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ POSTAL CODE \_\_\_\_\_

DATE OF BIRTH DAY \_\_\_\_\_ MONTH \_\_\_\_\_ YEAR \_\_\_\_\_

PHONE (HOME) \_\_\_\_\_ (WORK) \_\_\_\_\_

FAMILY MAIN CONTACT \_\_\_\_\_ PHONE \_\_\_\_\_

PLEASE INDICATE ANY SERIOUS MEDICAL PROBLEM: \_\_\_\_\_

E-MAIL \_\_\_\_\_

### Fee Structure: (Please check )

\$56.50 - 8 Sessions starting April 29 (Includes HST)

\$8.00 Drop in fee per class payable at Benson Centre Desk

### OFFICE USE ONLY

#### PAID BY:

Cash  Debit

Credit

Amount \_\_\_\_\_

Date \_\_\_\_\_

Signed \_\_\_\_\_

## **REGISTRATION POLICIES AND PROCEDURES**

1. Mail In or Register in person. Registration can take place at the Benson Centre or the Cornwall Aquatic Centre. Office hours at the Benson Centre are Monday to Friday 9:00 a.m. – 10:00 p.m. and Saturday and Sunday from 7:00 a.m. – 10:00 p.m. Office Hours at the Cornwall Aquatic Centre for registration are Monday to Friday 7:00 a.m. to 10:00 p.m., Saturday and Sunday 7:00 a.m. to 9:00 p.m. For more information please contact the Cornwall Aquatic Centre at 613-933-3586.
2. Mail in registrants will be confirmed by telephone and will receive receipt on first day of class.
3. Customers registering in person will receive a letter of confirmation at the time of registration.
4. In order to be processed, forms and fees must be completed (signed) and submitted together with current date.
5. Forms will be processed in order of first received, first processed.
6. Interact, Visa and MasterCard are available.

### **CLASS PROGRAM CANCELLATION:**

In the event that classes are cancelled every attempt will be made to contact participants in advance. **Classes that are cancelled due to Civic Holidays, Statutory Holidays, Special Events will not be re-scheduled.** Participants must attend only the class in which they are formally registered. We regret we cannot accommodate requests for make up classes at other times. There are no refunds for classes re-scheduled by the department; participants must attend that class.

### **DEPARTMENT OF PLANNING, PARKS AND RECREATION REFUND POLICY**

\*\*\*\*REFUND INQUIRIES MUST BE DIRECTED TO THE LEISURE ARTS COORDINATOR\*\*\*\*

1. **A full refund to be granted if program is cancelled. The Department reserves the right to cancel programs due to insufficient registration.**
2. **A partial refund to be granted, other than for medical reasons, if notification received 48 hours prior to Second lesson.**
3. **All refunds subject to a \$5.00 administration fee and to be pro-rated.**
4. All refund requests due to medical reasons must be accompanied by a medical certificate and must be received prior to halfway through the session.
5. Transfers will not be permitted after the second class.
6. Allow four weeks for processing.

**THE CITY OF CORNWALL WILL NOT BE RESPONSIBLE FOR ANY MEDICAL, DENTAL OR HOSPITAL BILLS OR ANY OTHER EXPENSES CAUSED BY INJURY TO ANY PERSON PARTICIPATING IN THE CORNWALL DEPARTMENT OF PLANNING, PARKS AND RECREATION PROGRAMS. THIS BEING UNDERSTOOD, REGISTRANT AND PARENTS HEREBY AGREE AND SAVE HARMLESS AND INDEMNIFY THE CITY OF CORNWALL FROM CLAIMS FOR INJURIES.**

**Please complete the attached Par-Q and You Health Questionnaire**

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**REGISTRANT SIGNATURE**