



# Older Adult Exercise Course



Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Province \_\_\_\_\_ Postal Code \_\_\_\_\_

Email \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

**March 23-25, 2012**

**Southey**

**Senior Citizens' Centre**

**Fees (Cost includes manual, 2 nights shared accommodation, 2 lunches & refreshments):**

\_\_\_\_\_ \$50.00

*(There is room for 16 participants—PCDSCR Members will be accepted on a first come first serve basis. Non-Members will be accepted on a first come first serve basis after members.)*

**Payment:**

\_\_\_\_\_ Cheque (made payable to Prairie Central District for Sport Culture and Recreation (PCDSCR))

Signature \_\_\_\_\_ Date \_\_\_\_\_

**Photo Release:** Check to consent that the Prairie Central District for Sport Culture and Recreation may use your photo in District program promotions.

**Food Allergies:** Please check this box if you have any food allergies. Please list any you may have:

Please send registrations and payment prior to **Friday, March 9th, 2012**

Registrations can be faxed to (306) 726-2052 or mailed to:

**PCDSCR**

**P.O. Box 370**

**Southey, SK S0G 4P0**

