

BREAST CANCER ACTION

GO WITH THE FLOW FITNESS CLASSES

Registration Form

Registration & participation are free. Participants **must register** in order to attend by filling out both sides of form. Return to Breast Cancer Action. Classes are in English. Phone (613-736-5921) Fax (613-736-8422)

This is my ___ first choice ___ second choice (wait list) ___ third choice (wait list)

Participant Name: _____

Address: _____

Telephone: _____

E-mail: _____

Are you currently a member in good standing of Breast Cancer Action? YES NO

Emergency Contact Information

Name: _____

Telephone: _____

Eligibility

Go With The Flow is open to anyone who has had a breast cancer diagnosis (before, during or after treatment, including surgery—after first checking with your healthcare provider).

Medical Information

Are you currently receiving treatment for any condition that may affect your ability to exercise?

YES NO If yes, please explain.

Please list any allergies, medications, chronic illness or other conditions we should be aware of:

Mandatory Participant Waiver and Release of All Claims

I understand that my participation in this class is voluntary and at my own risk. I take responsibility for any activity I elect to participate in. I acknowledge that there are certain risks of physical injury and I agree to assume the full risk of any injuries including death, damages or loss regardless of severity which I may sustain as a result of participating in any and all activities connected with/associated with these classes. I agree to waive and relinquish all claims I may have as a result of participating in the program against Breast Cancer Action (BCA) and all officers, agents, servants, employees and/or against the instructor or substitute teacher. I understand that any photography taken while participating in a class or related event may be used for promotional purposes by BCA. In the event of emergency, I authorize BCA and the instructor to secure from any licensed hospital, physician and/or medical personnel any treatment deemed necessary for my immediate care. I have carefully read, fully understand and agree to the aforementioned. Further, to the best of my knowledge, the health information provided above is accurate. Personal information will be kept secure and confidential.

Signature: _____

Date: _____

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CLASSES ARE NOT HELD ON STATUTORY HOLIDAYS
FOR MORE INFORMATION CALL 613-736-5921 OR VISIT WWW.BCAOTT.CA

Your registration is complete upon Breast Cancer Action receiving your form. You can fax it to 613-736-8422 OR via mail/hand delivery to Breast Cancer Action, 739A Ridgewood Avenue, Ottawa, ON K1V 6M8.

*Please select the class you are registering for from the following:

Stretch & Strength

Improve your strength, flexibility and overall well being in an instructor lead group fitness program.

- ◇ **Rideau Tennis Club, 1 Donald Street**
Monday 9-10 a.m. April 12-June 28 (no class May 24)
Wednesday 9-10 a.m. April 7-June 30
Friday 9-10 a.m. April 9-June 25
- ◇ **Goulbourn Recreation Complex, 1500 Shea Road (Stittsville)**
Wednesday—3-4 p.m. April 7-June 30
- ◇ **Walter Baker Sports Centre, 100 Malvern Drive (Barrhaven)**
Wednesday—4-5 p.m. April 7-June 30
- ◇ **Nepean Creative Arts Centre, 11-35 Stafford Road**
Thursday, 10:45-11:45 a.m. April 8-June 24
This class, taught by a twenty year breast cancer survivor, features a warm-up, stretching and light weights, a variety of cardio moves all done to fun music, and is followed by a cool-down and relaxation.

Tai Chi

Auxiliary Tai Chi exercises for warm-up, meditation, relaxation and flexibility will be incorporated into the class routine. Exercise mind-intent, whole body, tendons, ligaments, energy flow, and joints. Improve energy circulation, blood circulation, flexibility, stamina, leg strength, balance, posture and mental clarity.

- ◇ **Breast Cancer Action, 739A Ridgewood Avenue**
Saturday—10-11 a.m. April 10-June 19
- ◇ **Ray Friel Recreation Complex, 1585 Tenth Line Road (Orleans)**
Friday—10-11 a.m. April 9-June 25

Yoga

A yoga program for breast cancer patients.

- ◇ **Rideau Tennis Club, 1 Donald Street**
Thursday—1-2 p.m. April 8-June 24
- ◇ **Astral Fitness, 44 Iber Road (Stittsville)**
Monday—10:40-11:40 a.m. April 12-June 28 (no class May 24)
- Astral Fitness, 44 Iber Road (Stittsville)**
Tuesday—10:45-11:45 a.m. April 6-June 29

