



Pembina Active Living (55+)

"Enhancing the Lives of Older Adults"

R.P.O. Box 34056, Winnipeg, MB R3T 5T5

info@pal55plus.com 204.946.0839

_____	Year
___	Fall
___	Winter
___	Spring
___	Summer

Program Registration Form

Participant's Last Name: _____ First Name: _____

Address: _____ Postal Code: _____

Primary Phone: _____ 2nd Phone: _____

E-mail: _____ PAL (55+) Member Number: _____

Emergency Contact Information

Full Name: _____ Relationship: _____

Primary Phone: _____ 2nd Phone: _____

Program Name List all Classes and Drop-Ins	Program Location	Day of the Week	Start Time	Cost
PAR-Q Form must be filled out when registering for all fitness classes.				
Cash () Cheque () Receipt required? Y () N ()			Total Cost:	
Please make cheques payable to: Pembina Active Living (55+)				

- Program Cancellation:** PAL (55+) reserves the right to cancel, change, or alter any Program due to insufficient registration or any other unforeseen circumstance.
- Fees Refund:** Prior to the 1st class – 100%; between 1st and 2nd class 75%. All Program refunds are subject to a \$5.00 admin fee. Additional Programming Policies are listed on the PAL (55+) website.
- DISCLAIMER:** I will hold harmless PAL (55+) and its representatives against any and all claim(s) for damages or injuries known or unknown arising out of, or in connection with, the activities of any, or all, of PAL (55+) Programs.
- AUTHORIZATION:** I hereby grant PAL (55+) and its representatives the right to take and use photographs, video, and/or audio recordings for any lawful purpose including publicity, advertising, promotion, web content, public displays, and exhibitions.

I agree to receive by email PAL (55+) newsletters, updates, and promotions regarding events and activities of interest. I can withdraw my consent at anytime.

Signature of Participant

Date