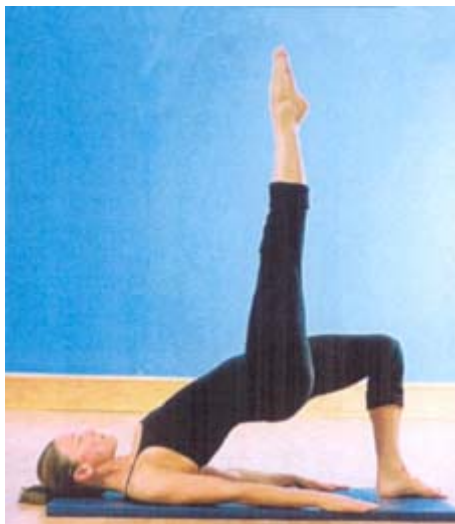




**AUTUMN 2008
PILATES PROGRAMME
Term 1**

COURSE TIMES

Wednesdays	6:45pm-7:15pm	Beginners 1
Wednesdays	7:15pm-8:00pm	Beginners 2
Thursdays	1:00pm-1:45pm	Beginners 1
Fridays	1:00pm-2:00pm	Intermediate 2
Fridays	2:00pm-2:45pm	Beginners 3
Fridays	5:15pm-6:15pm	Intermediate 2
Saturdays	11:00am-11:45am	Beginners 3



12 Week Course
Mid-Term w/c October 27th - w/e November 2nd NO CLASSES THIS WEEK
MEMBERS FREE
Non Members €130.00

Please note classes start week beginning 17th September and end week ending 14th December. Existing participants must enrol for the above courses by week ending 10th August to secure their place. New participants can enrol from 11th August.

One place per person.

Application Form

Name

Phone Number
Mobile Work

Address

Email Address

Emergency Contact
Name Number

Class Day Class Time

Are you a member of University Sports Club? Yes No

If yes, what is your membership type? _____
What is your membership number? _____

Do you have any illnesses/injuries/allergies that we should be aware of?

Yes No

If yes please describe _____

I fully understand the strenuous nature of the programme and the risks associated with physical exercise. I accept responsibility for my health and well being in this voluntary exercise programme. I understand that no responsibility is assumed by University Sports Club arising out of any accident, injury or loss sustained during the course of this programme.

Signature _____

Date _____

Office Use:	
Date _____	Method of Payment _____
Amount Paid _____	Staff Signature _____