

LIFESTYLE PROGRAM

TERM 1 – 2010

Classes		Day	Time	Start date	Cost: 8 week term	Cost: casual
Adults	Tai Chi	Wednesday	7.30 - 8.30pm	3/02/2010	\$80	\$12
	Ladies daytime netball	Wednesday	Mornings	17/02/2010	–	\$8 <i>Discount crèche</i>
	Adult beginner swimming	Tuesday	6.30 - 7.30pm	2/02/2010	\$80	–
Teens	Teen fit (age 12 - 16)	Tuesday	4.15 - 5.00pm	2/02/2010	\$56	\$8
	Teen spin (age 12 - 16)	Thursday	4.15 - 5.00pm	4/02/2010	\$56	\$8
Children	Kidz boogie (age 2 - 4)	Friday	11.45 - 12.15pm	5/02/2010	\$40	\$6
	Dance craze (age 5 - 9)	Wednesday	4.15 - 5.00pm	3/02/2010	\$48	\$7

ENROLMENTS NOW OPEN

Class descriptions	
Tai Chi	Mind, body and spirit are exercised in this ancient Chinese practice. Perfect for any age and fitness level.
Ladies daytime netball	Nominate your team for Lords social sport competitions. Team and individual nominations are welcome, forms available from lords.com.au
Adult beginner swimming	An introductory course encouraging confidence and safety in the water for adults with minimal swimming experience.
Teen fit	Power through an eight week course of all of Lords' most popular group fitness classes including boxing, pump, step and jam.
Teen spin	Get the heart and legs pumping in this hugely popular indoor cycling class. Increase your fitness while listening to great music.
Kidz boogie	A parent/child class encouraging kids to enter a magical world full of music, movement and discovery. Before the class, pop the kids in the crèche and join in our 10.30am pilates session.
Dance craze	An energetic, fun filled class introducing children to the world of dance and enabling them to try all the favourites. The term ends in a small show for parents.



PARTICIPANT DETAILS

Name: _____

Date of birth: _____

Contact Details

Name: _____

Street: _____

Suburb: _____ Postcode: _____

Contact numbers: (W) _____ (H) _____

(M) _____

Email address: _____

PROGRAM ENROLMENT

Please circle the appropriate program for which you are enrolling. appropriate program for which you are enrolling.

Monday	Tuesday	Wednesday	Thursday	Friday
	Adult beginner swimming	Tai Chi	Teen spin	Kidz boogie
	Teen fit	Ladies netball (nomination form required)		
		Dance craze		

Signature (parent/guardian): _____ Date: _____

For office use only

Total Cost _____ Date Payment Received _____