



## FLEXIBILITY WORKSHOP REGISTRATION

August 19, 2010

9 AM – 6:00 PM

West Hillhurst Community Association

1940 – 6<sup>th</sup> Avenue NW, Calgary NW

*featuring  
Alix Sutton*

NAME: \_\_\_\_\_

CLUB: \_\_\_\_\_ SPORT: \_\_\_\_\_

ATHLETE: \_\_\_\_\_ COACH: \_\_\_\_\_

EMAIL: \_\_\_\_\_

LEVEL: Beginner – age 6-8 yrs , training 2 days or less/week \_\_\_\_\_

Intermediate –age 9-11 yrs, training 3 days/week \_\_\_\_\_

Advanced – age 12-up, training National level \_\_\_\_\_

COST: ATHLETES - \$50, COACHES - \$75

(\$10 of your registration fee will be a donation to CRGC)

Make your checks payable to: CRGC

Please email [info@chinookrg.com](mailto:info@chinookrg.com) with your intent to register so a space is held for you. Registration will be on a first come/first serve basis. Limited number of registrations accepted.

Print and mail this form with your check to:

CRGC

Talisman Center

2225 Macleod Trail South

Calgary, AB T2G 5B6

You will receive an email confirming your registration and final schedule details.



## ALIXA SUTTON FLEXIBILITY WORKSHOP

August 19, 2010

9 am – 6:00 pm

West Hillhurst Community Center

1940 – 6<sup>th</sup> Avenue NW, Calgary NW

### TENTATIVE SCHEDULE:

9:00 am – 10:45 am	Intermediate Level
10:45 – 11:00 am	BREAK
11:00 – 12:30 pm	Beginner Level
12:30 – 1:00 pm	LUNCH (please pack your own lunch)
1:00 – 3:00 pm	Advanced Level – Group 1
3:00 – 3:10 pm	BREAK
3:10 – 5:10 pm	Advanced Level – Group 2
5:10 – 6:00 pm	Coaches Only Session

Coaches are recommended to attend all sessions