

2018

NEW!
Hypopressive Low Pressure Fitness
with Cathy Kyle Fenton
Saturdays March 10, 24,
and April 7

200 Crichton Street Ottawa,
ON K1M 1W2
613-238-7838
www.theschoolofdance.ca

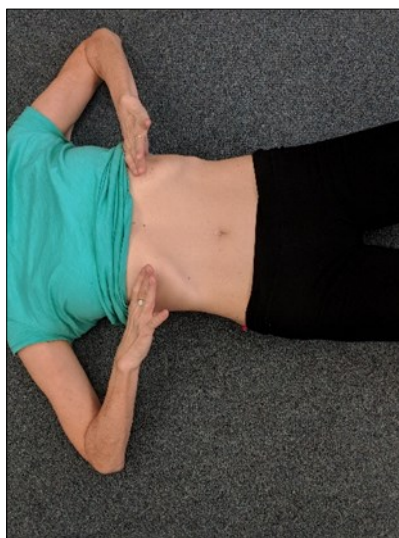
The School of Dance

NEW at The School of Dance! **HYPOPRESSIVE LOW PRESSURE FITNESS**

with Cathy Kyle Fenton

Saturdays, March 10, 24 and April 7
11:00am-12:00pm

Low Pressure Fitness (LPF)
is a technique using a series of postures and
very specific breathing that reprograms the muscles
of the abdominals and pelvic floor.



The Hypopressive technique was first created in Europe in 1980. The goal was to help postnatal women prevent and recover from pelvic floor dysfunctions such as incontinence and prolapse. It has now evolved to become a core health therapy. LPF retrains the abdominals to work correctly and to their optimal ability. The success achieved with Low Pressure Fitness and its many benefits has men and women practicing it around the globe.

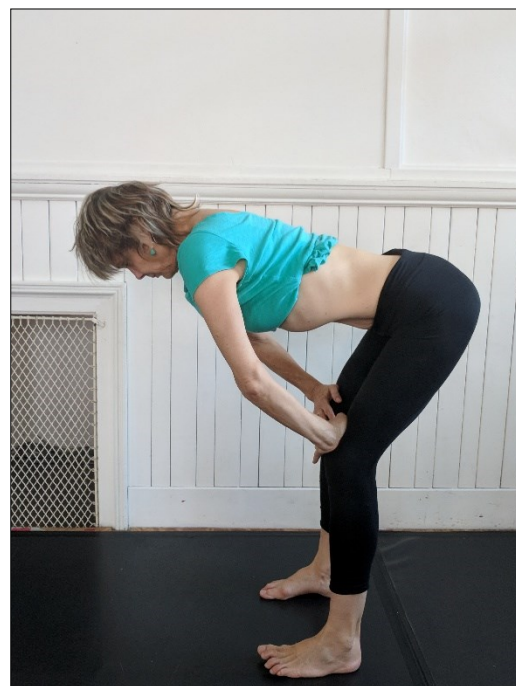
LPF compliments your other exercise programmes and brings relief from:

- Bladder drop or incontinence
- Diastasis
- Hernias
- Prostate problems
- Constipation
- Poor posture and scoliosis

For more info email:
cathykyle@gmail.com

Attend all 3 classes for
\$75.00 (plus HST)

Call The School of Dance at
613-238-7838 to register.





LAST NAME: _____ FIRST NAME: _____

ADDRESS: _____

CITY/PROVINCE/POSTALCODE: _____

HOME TELEPHONE #: _____ WORK TELEPHONE #: _____

E-MAIL: _____

PLACE OF BUSINESS: _____ PROFESSION: _____

MEDICAL INFORMATION TO BE KEPT ON FILE: _____

For adult students with irregular or unpredictable schedules

Adult students may drop into a class, paying the drop-in fee specific to the class. Please confirm the drop-in fee for the class you would like to attend with the main office. NOTE: If a class is full, drop-in students may not be able to join the class.

Drop-in students are responsible to confirm that a class is running as scheduled.

For College or University students

If you are registered with a College, University or a Private Career College you may be eligible for a student discount. Provide the office with your Student I.D. Card to find out more.

For Seniors

On a fixed income?

Talk to us.

Conditions of Enrolment

- The use of digital recording devices including cell phones with cameras and video capability is strictly prohibited at all times.
- The School of Dance is not responsible for lost items.
- There is a \$20 registration fee payable on the initial adult registration in each school year.
- There are no refunds except in the case of cancellation due to insufficient registration.
- No refunds for classes cancelled due to circumstances beyond our control (eg. inclement weather).
- All registration forms must be signed and dated in order to be eligible to take part in classes.
- Fees are due in full at time of registration.
- Family discount of 10% must be mentioned when registering.
- Cheques returned from the bank for any reason are subject to a \$50 administration charge.
- The School reserves the right to ask disruptive individuals to leave the premises and/or not to serve a customer.
- Make-up classes **cannot be carried forward** into a new term. Students are, however, welcome to make up any missed classes within the term in which they are currently registered. Make-up slips may be picked up in the office.

I have read and understand the conditions of enrolment.

SIGNATURE: _____ **DATE:** _____

(Parent's signature required for students under the age of 18)

Method of payment: VISA, MasterCard, Interac, Cheque and Cash

Credit Card #: _____ Expiry Date: _____

Name on Card: _____

The School of Dance is committed to protecting personal information by following responsible information handling practices, in keeping with privacy laws. We collect and use personal data in order to better meet your service needs, to ensure the safety of our participants, for statistical purposes, to inform you about The School of Dance programme or service in which you are registered, to complete payment transactions and to satisfy government and regulatory obligations. You may also hear from us periodically about other The School of Dance programmes, services and opportunities that may interest and benefit you. We do not rent, sell or trade our mailing lists. If you wish to be removed from our email or mailing list, please contact The School's Administration at any time.