



*Studio Classes*  
*Afro Groove*  
*5:35-6:35pm*  
*Adult Registration*

**Dates and Location**

Term I – January 14 – March 17, 2016.

Evergreen Community SPACES in Mayland Heights

#2 – 1709 8 Avenue NE

**Early Bird registration \$175.00 - before December 24**

**After December 24 - \$200.00**

**Please make cheques payable to Three Left Feet Movement Creations**

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**Dance is a physical activity.**

There are inherent risks associated with any physical activity and there is the possibility that injuries may occur. Participation in our *Studio Classes* is voluntary. Registration is a two-part process that includes your child's sign-up details followed by a waiver. Once the following form is processed then you will be sent a waiver releasing Three Left Feet Movement Creations of all damages. Our waiver **MUST** be signed and returned to Three Left Feet Movement Creations prior to the start of the program.

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**Participant's Information**

First name

Last name

M.I.

Street address

Street address line 2 (if required)

City, Province

Postal Code

## Electronic Contact Information

Email address

Phone/cell number (please include extensions where applicable)

## Emergency Contact

In the event of an emergency, please contact:

First name

Last name

Primary phone number

Secondary phone number

Please list any of the following: Current medications, medication allergies, food allergies, or chronic health concerns.

## What to wear?

Indoor runners.

Yoga pants, capris or any other pants suitable for dancing.

Comfortable T-shirt

## What to bring?

Water bottle

## What to expect?

Fantastic music! Instruction guaranteed to make you sweat and put a smile on your face!