

Booking Form – Please tick all sessions attending

Sessions up to school mid term break. Sessions are term time only and there will be no sessions on Public Holidays.

Daytime Weekly Classes – Monday mornings 09.30-11.30

January 10	<input type="checkbox"/>	Note: NO CHARGE if prepaid last term	
January 17	<input type="checkbox"/>	January 24	<input type="checkbox"/>
January 31	<input type="checkbox"/>	February 07	<input type="checkbox"/>
4 Sessions @ £2.50	<input type="checkbox"/>	(*Reduced Rate – BLOCK paid in advance £10.00)	
___ Sessions @ £5.00	<input type="checkbox"/>	(Individual - paid on a weekly basis)	
___ Sessions @ £3.50	<input type="checkbox"/>	(Individual *concession - paid on a weekly basis)	

Weekend Monthly Classes **23/01, 27/02 and 20/03**

		Sun	Sun
		10.30	14.00
		13.30	16.00
Bennachie Centre Mid Terrain	Date/s _____	<input type="checkbox"/>	
Bennachie Centre Suitable for Beginners	Date/s _____	<input type="checkbox"/>	

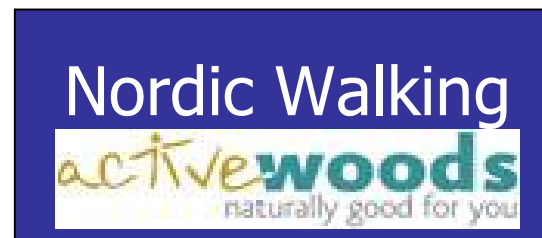
___ Session/s @ £6.00	Sunday 10.30-13.30
___ Session/s @ £4.00	Sunday 14.00-16.00 or *Concession (morning session)

*Concession applies to Children, Adults aged 50+ or if using your own poles and paying in advance

Enclosed £ _____

Cheques payable to: **Aberdeenshire Council**

Send to: **Fiona Murray**
EL&L, Aberdeenshire Council
Gordon House
Blackhall Road
Inverurie
AB51 3WA



Aberdeenshire
COUNCIL



Education Learning & Leisure
Gordon House
Blackhall Road
Inverurie AB51 3WA
Tel 01467 628283

Nordic Walking Classes Bennachie 2011

Do you want to burn up to 30% more calories when walking?



The Benefits:

- **Strengthens abdominal, back, arm shoulder, chest & leg muscles**
- **Burns up to 30% more calories**
- **Increases cardiovascular fitness**
- **Reduces injury, less stress on hips & knees**
- **Helps maintain overall bone density**
- **Enhances mood & energy**
- **It's a fun & convenient outdoor activity**

Nordic Walking for Health & Fitness

Want to use up to 30% more calories when walking? Come and join us on this series of walks throughout 2011. Nordic Walking is a very popular activity in Scandinavia when there is no snow! Come and try the benefits for yourself. During the session, you will learn the technique, while enjoying a social walk in the outdoors. All levels of physical ability are catered for under the guidance of trained Nordic UK Leaders.

**Bennachie Centre – Meet at the Visitors Centre
Monday morning from 09.30-11.30**

**Sunday sessions monthly – 23/01, 27/02 & 20/03 2011
from 10.30-13.30 and 14.00-16.00 (beginners)**

Clothing: Suitable sturdy waterproof footwear (walking boots if possible)
Waterproof/windproof jacket & trousers. Rucksack for carrying water.

Meet at: Visitor Centre

Additional: **GROUP and PERSONAL SESSIONS CAN BE ARRANGED**
Groups 6 or more from £3.50 per person (concession)
Individual £24 per session (1-2 hours)

Cost: Sessions must be booked in advance, see prices overleaf.
Price includes tuition and pole hire. Leki poles can be purchased from £45 per set.

SESSIONS ARE WEATHER PERMITTING – MUST BE BOOKED IN ADVANCE

Payment: Cheques payable to **Aberdeenshire Council**

Send to: Fiona Murray, Education Learning and Leisure
Aberdeenshire Council
Gordon House
Blackhall Road
Inverurie
AB51 3WA

Further information: Angela McMillan, Active Lifestyles Coordinator.
Tel 07884 276979 or email angela.mcmillan@aberdeenshire.gov.uk

Medical/General Information Form – Nordic Walking

If you have decided to increase the amount of physical activity in your life, start by answering the questions below. For most people physical activity should not pose any problem or hazard, but this Health Questionnaire has been designed to identify the small number of people for whom it would be wise to have medical advice before starting.

1. Has your doctor ever said that you have a heart condition?	YES	NO
2. Do you feel pain in your chest when you do physical activity?	YES	NO
3. In the past month have you had a pain in your chest when you were not doing physical activity?	YES	NO
4. Do you lose your balance because of dizziness or do you ever lose consciousness?	YES	NO
5. Do you have a bone or joint problem that could be made worse by a change in your physical activity?	YES	NO
6. Do you have diabetes?	YES	NO
7. Do you have asthma?	YES	NO
8. Do you suffer from epilepsy?	YES	NO
9. Do you have high blood pressure?	YES	NO
10. Are you aged over 65 and unaccustomed to regular exercise?	YES	NO
11. Do you suffer from back pain brought on by exercise?	YES	NO
12. Are you currently pregnant?	YES	NO

PLEASE ADVISE THE INSTRUCTOR OF ANY OTHER CONDITIONS YOU FEEL THEY MIGHT NEED TO KNOW ABOUT

I understand that if I answered YES to one or more of the above questions, I should seek medical advice before undertaking a walking programme. I understand that this information will be shared with other Instructors. If my condition changes it is my responsibility to tell the Instructor. I am walking at my own risk. This information will be kept on file.

Name:	
Address:	
Contact No:	Email:
Mobile:	
Emergency Contact Details:	Name:
	Phone Number:
Dates of Sessions:	
Dates of Sessions:	
Date:	Signed:

Limited places, book early to guarantee your place!
Please complete and return the medical form and the booking form on the back page