

Registration Form

Due to limited space, all sports & games players must pre-register for individual/family pass.

Individual or Guardian

Name: _____ M/F

Tel: _____ Email: _____

Emergency Contact: _____

AM sports: _____

PM sports: _____

Demos & outdoor activities: _____

Family Members

Name: _____ Age _____ M/F

AM sports: _____

PM sports: _____

Demos & outdoor activities: _____

Name: _____ Age _____ M/F

AM sports: _____

PM sports: _____

Demos & outdoor activities: _____

Name: _____ Age _____ M/F

AM sports: _____

PM sports: _____

Demos & outdoor activities: _____

Individual Pass \$ 3 x _____ = _____

Family Pass \$ 5 x _____ = _____

Total Payments: \$ _____

Total No. of people registered _____

Come and Enjoy A Healthy, Fun-filled Community Event!

Free admission tickets are available at GLCC
and designated locations.

January 15 to January 31, 2009

GLCC

Call (613) 232-2226 or visit our website

www.graciouslight.org

This event is partly funded by Community in Action Fund
The Support of Government of Ontario is
acknowledged

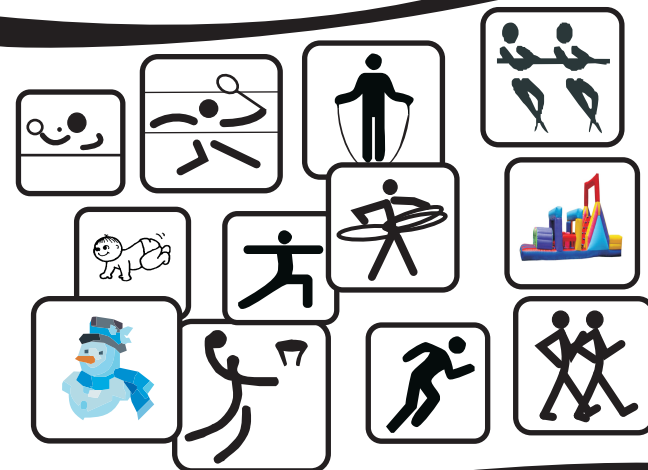


Ministry of Health Promotion



2009
FAMILYSPORTSDAY

Together, We Shape A Healthy Community!



February 16th, 2009
Monday (Ontario Family Day Holiday)
9:30am to 4:00pm

McNabb Community Centre
180 Percy St. at Gladstone Ave.



Gracious Light Christian Centre (GLCC)
2/F - 752 Somerset St. West, Ottawa K1R 6P8
Tel: (613) 232-2226

E-mail: glcc@graciouslight.org
Web: www.graciouslight.org

PROGRAMS

Children (under 16)

Hula Hoop 10am – 10:30am
 Jump Ropes 10:30am – 11am
 Baby Crawling Race 11am – 12noon
 Basketball FreeThrow (12yrs/up) 12:30pm-1pm
 Kids Physical Activities (3-12yrs) 1:30pm-3pm

Adults & Seniors

Badminton 10am – 12noon
 Table Tennis 10am – 12noon
 Basketball Free Throw 12:30pm – 1pm
 We love to walk 1:30pm – 2pm

Family

Obstacle Race 1:30pm – 3pm
 Outdoor Activities 10:30am – 12noon

DEMOS & INSTRUCTIONS

Line Dance 10am – 11am
 Hip Hop 11am - 12noon
 Tai Chi Fan 1:30pm-2:30pm
 Children Chinese Dance 1:30pm-2:30pm

*GLCC reserves the right to change the program or schedule.



Prizes & Awards for Winners
 Door Prizes for Participants

REGISTRATION SCHEDULE

November 30, 2008
 to
 January 16, 2009

1/ Complete Registration Form

2/ Purchase a Day Pass

Individual Pass (\$3), Family Pass (\$5)

(Family Pass- 2 adults & 2 children under 16)

Children under 4 are free

REGISTRATION LOCATIONS

At GLCC, 2/F - 752 Somerset St. West, Ottawa
 Telephone:(613) 232-2226

Tuesday to Saturday 10:00am-5:00pm

At McNabb Community Centre (Gym),
 180 Percy St. at Gladstone Ave.

Sunday 3:00pm-5:00pm

Limited space, register early

\$3 Lunch (food & drink) available at Food Court or Bring Your Own Lunch

Declaration and Waiver

I/We hereby agree that I/We are fully responsible for any injury resulting from the sports, games, or demos activities on the Family Sports Day. I/We waive any claim on legal liability or any form of compensation from GLCC, GLCC Board, Executive Director, staff, or volunteers.

Signature: _____

Signature: _____

Signed by Parent/Guardian (If under 16):

Signature: _____

Date: _____

