



# Alexandra Neighbourhood House

## Westcoast Women's Weekend Registration Form

**EMPOWER YOURSELF!**  
**WESTCOAST WOMENS WEEKEND OCTOBER 15-17, 2010**  
**Friday 5pm to Sunday 2pm**

at **CAMP ALEXANDRA RETREAT & CONFERENCE CENTRE** in CRESCENT BEACH, South Surrey

Only one person may register per form. Please photocopy for additional participants.

PLEASE PRINT CLEARLY

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone: Day (     ) \_\_\_\_\_ Evening: (     ) \_\_\_\_\_

Email: \_\_\_\_\_

For your safety and well being, please complete the following (all information is confidential).

Please list any medical conditions, allergies, food requirements etc that we should be aware of that might affect your participation in the program or the meal planning.

\_\_\_\_\_  
\_\_\_\_\_

B.C Medical # \_\_\_\_\_ Birth Date: (year and month only) \_\_\_\_\_

Emergency Contact Person: \_\_\_\_\_ Phone (     ) \_\_\_\_\_

### General Information:

I would like to room with \_\_\_\_\_

Where did you hear about the Westcoast Women's Weekend? \_\_\_\_\_

\_\_\_\_\_

### IMPORTANT INFORMATION

- Registration is limited to 75 participants on a First Come-First Served basis.
- Registration forms will ONLY be accepted by Fax and Mail. Deadline is October 1, 2010 or until full.
- No registration will be accepted without payment.

**BOOK BY AUGUST 15th 2010 AND PAY ONLY \$250.**  
**AFTER AUGUST 15, 2010 PAY \$300.**



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## CANCELLATION POLICIES

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- Minimum 45 days notice for a full refund (September 1, 2010).
- 50% refund for cancellation up to September 30, 2010.
- No refunds after October 1, 2010 except in the case of a confirmed medical emergency.
- Registrants who do not attend, and do not cancel 15 days in advance forfeit the full registration fee.
- If Alexandra Neighbourhood House must cancel the weekend a full refund will be forwarded.

**Please note - If you cannot attend, you may send a substitute in your place.**

## PAYMENT

Please check your payment option:

- I am an Alexandra Neighbourhood House Member: \$235.
- Prior to August 15, 2010: \$250.
- After August 15, 2010: \$300.

By

- Cash
- Cheque - Please make cheques payable to Alexandra Neighbourhood House
- Credit Card MC/ MC/Visa/American Express

No. \_\_\_\_\_ Exp. Date \_\_\_\_\_

Signature: \_\_\_\_\_

**Please Forward Completed Registration Form and Fee to:  
Alexandra Neighbourhood House 2916 McBride Ave Surrey, BC V4A 3G2**

## WAIVER

I authorize the Association of Neighbourhood Houses of BC (ANHBC) to use any photographs taken of \_\_\_\_\_ (Name) while participating in Alexandra Neighbourhood Houses programs and activities. I authorize the use of these photographs in brochures and other promotional materials of Alexandra Neighbourhood House and/or the Association of Neighbourhood Houses of BC (ANHBC) and/or Alexandra Neighbourhood House/ANHBC funders.

By signing below I confirm that I am 19 years of age or older, and recognize that the program involves some risk. I take responsibility for any action or injury that may result from my participation.

Signed \_\_\_\_\_ Date: \_\_\_\_\_

Please do not send me information about fundraising activities and appeals.

For Alexandra Neighbourhood House OFFICE USE ONLY

Date Received \_\_\_\_\_ Confirmed Member Yes / No

Other Information:

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## HELP US PLAN THE WEEKEND!

Please choose 5 workshops prioritizing from 1 - 5 (1 most preferred / 5 least preferred). You will be able to attend 3 workshops over the weekend.

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> Belly Dancing     | <input type="checkbox"/> Laughter Yoga & Walk            | <input type="checkbox"/> Kayaking in Mud Bay               |
| <input type="checkbox"/> Rhythm Wellness   | <input type="checkbox"/> Canoeing/Nicomekl River         | <input type="checkbox"/> Self Defense                      |
| <input type="checkbox"/> Gentle Flow Yoga  | <input type="checkbox"/> Photography                     | <input type="checkbox"/> Line Dancing                      |
| <input type="checkbox"/> Leave No Trace    | <input type="checkbox"/> A Story, A Story                | <input type="checkbox"/> Scrapbooking/Cards                |
| <input type="checkbox"/> Salsa/Latin Dance | <input type="checkbox"/> Doorways to Shamanism & Healing | <input type="checkbox"/> Self Discovery Through Journaling |

### Please Note:

- Early registrations will be given priority, on a first come-first serve basis
- Confirmation letters will be distributed, after which time we may not be able to accommodate changes
- Workshops may change, subject to interest and availability
- Most workshops will average 2 hours - Gentle Flow Yoga is 1 hr 15min.

### OPTIONAL ADD-ON

#### In-A-Hurry Manicure by Socialite Nails

(By Donation- All proceeds go to Alex House to help support future women's programs)

Let us quickly take care of you with a shaping, buff, polish and massage.

Please check this box if you want to get a manicure. It will be first come-first serve and there is limited space available. Manicures will start around 3pm Saturday October16 and will go til approximately 5:30pm.