

Pilates Level 2

Term 2

10th January - 28th March 2012



Class Times & Days

Tuesday 1-1.45pm
Wednesday 7-7.45pm

Prices

Members: FREE
Non Members: €180

Pilates is excellent for improving posture, strength, flexibility and aligning the body correctly. Pilates also teaches coordination, concentration and control.

PLEASE NOTE:

- There will be no classes on the following dates:
14th & 15th February
- Current participants must re-book by 23rd Dec.



Code of Conduct:

- Non-members will require a wrist band to avail of lockers and free car parking. Wristbands are available to purchase from reception for €10.00
- Management reserve the right to merge or withdraw classes from the timetable.
- DCU Sport's Code of Conducts must be adhered to at all times.

DCU Sport Creating Purpose through People and Programmes

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www.dcu.ie/dcusport



Pilates Application Form	
Mr <input type="checkbox"/> Mrs <input type="checkbox"/> Ms <input type="checkbox"/> Miss <input type="checkbox"/> Other:	
Surname:	Mobile:
Forename:	Email:
Local Address:	Date of Birth:
	Emergency Contact Name:
	Emergency Contact Number:
Do you have any injuries/illnesses that we should be aware of? Yes <input type="checkbox"/> No <input type="checkbox"/> If yes please specify:	
Are you on any medication: Yes <input type="checkbox"/> No <input type="checkbox"/> If yes please specify:	
Class Day: Mon <input type="checkbox"/> Tues <input type="checkbox"/> Wed <input type="checkbox"/>	
Are you a sports complex members: Yes <input type="checkbox"/> No <input type="checkbox"/>	
Application Date:	

I fully understand the strenuous nature of the programme and the risks associated with physical exercise. I accept responsibility for my health and well-being in the voluntary exercise programme and related tests and understand that no responsibility is assumed by the leaders of the programme / the instructors of University Sports Complex arising out of any accident, injury or loss sustained by me as a result of activities at or present in University Sports Complex.

Participant's Signature: _____ Date _____



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