

Come learn a new sport with us!

Play badminton

Are you in grade 4, 5 or 6? Come play badminton with us!

When?

Sunday February 7th 2010 at Gisèle-Lalonde HS.



Badminton workshop:

- Learn to play badminton.
- Make new friends.
- Participate in friendly organized play.
- Lots of prizes to be won!

Schedule	
Please arrive 15-30 minutes before the start of the workshop	
Boys 8:30AM to 12:30PM	Tutorial and games
	Organized play - Doubles (2 boys against 2 boys)
	Organized play - Half court singles (1 boy against 1 boy)
Girls 1:30PM to 4:30PM	Tutorial and games
	Organized play - Doubles (2 girls against 2 girls)
	Organized play - Half court singles (1 girl against 1 girl)

*** Kids will get to play with different partners to create a friendly atmosphere ***

We have a cantine!

Hotdogs, drinks, etc.

INFORMATION

katrynacamacho@hotmail.com
613.421.7703

Please consult the mentioned website as of February 4th 2010 to verify your registration.

www.badmintonottawa.com

PRICE – Exclusive offer!!!

Only 20.00\$ per athlete.

Please send your registration form and payment at the latest January 27th 2010.

You may drop off your registration form at the RA Centre's East Wing member services desk till Sunday January 31st 2010 (10 PM) without having to pay the late fee.

* Additional \$10.00 late fee applies to all entries dated (according to the postage stamp) later then January 27th 2010.

* Due to the nature of the activity no refunds will be granted.



How to get to the workshop...

Play badminton

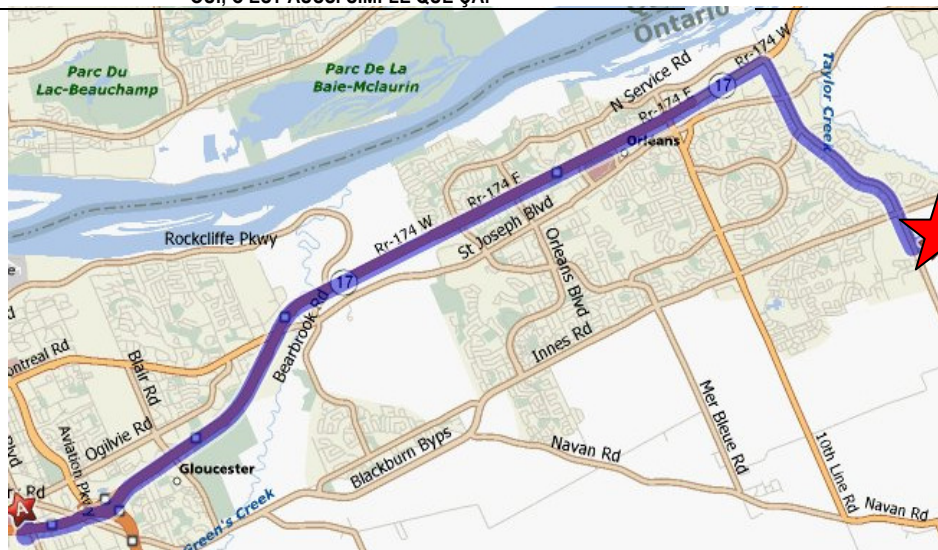
Comment se rendre à Gisèle-Lalonde

Puisque l'É.s. Gisèle-Lalonde se trouve à Orléans la plupart des personnes viendront de l'ouest.

Cela étant dit :

1. Prendre l'autoroute 417 direction EST.
2. Prendre la jonction pour l'autoroute 17/174 direction ORLÉANS/ROCKLAND.
3. Aux lumières de l'intersection TRIM ROAD tourner à la DROITE.
4. Tourner à GAUCHE sur le boulevard MILLENNIUM (après avoir croisé Innes).

OUI, C'EST AUSSI SIMPLE QUE ÇÀ!



YES, IT IS THAT SIMPLE!



É.s. Gisèle-Lalonde H.S.

What you need to bring :

	Indoor shoes
	T-shirt and shorts
	Water bottle and healthy snacks
	A badminton racquet (if you have one)

Registration form

Play badminton

Compléter ce formulaire d'inscription et l'envoyer avec le paiement (20.00\$) à :
 Complete this registration form and mail it with the \$20.00 registration fee to:

JEUNESSE FRANCO-FORME
 179, George Street, Suite 1807
 Ottawa, Ontario, K1N 1J8

Mail your registration form and payment at the latest January 27th 2010.

FORMULAIRE D'INSCRIPTION

REGISTRATION FORM

Nom/Name:

garçon/boy fille/girl

Tél./Tel.:

Courriel/email:

Veuillez nous ajouter à votre liste d'envois courriels.
 Please add us to your "e-mail" mailing list.

Date de naissance/
Date of birth

Âge/Age:

YYYY MM DD

École/School

Do you need to borrow a badminton racquet?

YES or NO

Have you ever played badminton?

Please circle the declaration that describes you the most.

1	2	3	4
I've never played badminton	I've played badminton a few times	I've played badminton many times	I play badminton regularly



SVP libeller le chèque au nom de :

Please make cheque payable to :

JEUNESSE FRANCO-FORME

Le formulaire d'inscription et le paiement doivent être postés au plus tard :

Registration form and fee must be mailed no later then :

LE MERCREDI, 27 janvier 2010.

WEDNESDAY, January 27th 2010.

On peut également déposer le formulaire d'inscription directement au comptoir du service aux membres à l'aile Est du Centre RA jusqu'au dimanche 31 janvier 2010 (22 h) et ce, sans avoir à payer les frais de retard.

You may also drop off your registration form and fee at the RA Centre's East Wing member services desk till Sunday January 31st 2010 (10 PM) without a late fee.