



### Nordic Walking - What is it?

Nordic Walking is an enhancement of ordinary walking – it makes something we can all do... twice as effective! Nordic Walking uses poles in order to add two major benefits to walking.

1. The use of poles means the upper body muscles are used as well as the legs.
2. The poles help to propel the walker along – this means you work harder than usual yet the support given by the poles makes it feel easier!

Nordic Walking with Exercise Referral Nordic Walking Instructors			
<b>3586</b>	Monday 1.30pm – 2.30pm	<b>3587</b>	Friday 1.30pm – 2.30pm
£27 for the 6 week course (3 groups: slow, intermediate, fast )		£40.50 for the 9 week course (2 groups: slow and fast)	
2 <sup>nd</sup> May – Bank Holiday 9 <sup>th</sup> May – Bank Holiday 16 <sup>th</sup> May – La Rocque 23 <sup>rd</sup> – May St Catherine’s Breakwater 30 <sup>th</sup> May – Bank Holiday 6 <sup>th</sup> June – Springfield Stadium 13 <sup>th</sup> June – Trinity Parish Hall 20 <sup>th</sup> June – St Martin’s Parish Hall (car park opposite) 27 <sup>th</sup> June – Archirondel (top car park near the road before the cafe)		6 <sup>th</sup> May – Beauport 13 <sup>th</sup> May – Les Quennevais Sports Centre 20 <sup>th</sup> May – St Ouen’s Church 27 <sup>th</sup> May – L’Etacq (car park near former Treasures of the Earth) 3 <sup>rd</sup> June – Le Braye 10 <sup>th</sup> June – Plemont 17 <sup>th</sup> June – Noirmont 24 <sup>th</sup> June – Val De La Mare (upper car park)	

You will need to wear comfortable clothes and trainers or walking shoes and please bring a bottle of water. All poles will be provided, but please bring your own set if you have them. **Meet in the nearest carpark unless otherwise stated. Cheques should be made payable to ‘Treasurer of the States’.** If you are new to Nordic Walking, technique sessions are available on Wednesdays at 12noon at Fort Regent. Please meet the instructor at the Gym reception – Please pre book your session and bring £2 on the day.

For further enquires please contact 01534 449699 or visit [www.gov.je/NordicWalking](http://www.gov.je/NordicWalking)

### Application for May/June 2016 Nordic Walking

Please circle course reference required .....

Name:	Active Membership No: (if applicable)
Address:	Payment enclosed if not Active Member: £
	Post Code:
Tel:                      Mobile:	<b>In case of emergency tel:</b>

We reserve the right to amalgamate or cancel classes if there are insufficient numbers.

Please make cheques payable to “Treasurer of the States” Please send with completed form to: **Sports Development, Department for Education, Sport and Culture, Fort Regent, St Helier, Jersey, JE2 4UX.** Alternatively, you may pay by debit/credit card. Credit Card/Debit Card number (if applicable):

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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Expiry Date \_\_\_\_\_ Issue No/Valid From \_\_\_\_\_ CVC Number (last 3 digits on reverse of card) \_\_\_\_\_

Total Amount to be debited £ \_\_\_\_\_ Name of Cardholder \_\_\_\_\_

Signature of Cardholder \_\_\_\_\_

I understand and accept that there may be risks associated with physical activity. I declare that I accept full responsibility for my own health and safety.

**Data Protection Law (Jersey) 2005** The information provided by you on this form is required by the Sport & Leisure Division for the purpose of course enrolment and coaching requirements. Information supplied by you will be disclosed to Exercise Referral Tutors.

**PLEASE BE PROMPT. SESSIONS GO AHEAD WHATEVER THE WEATHER.**