

## Recreation Program **APPLICATION FORM**

### Registered Therapeutic Fitness

Our Therapeutic Fitness programs are offered in small group settings, up to two-days per week on a consistent, year-round basis. Financial assistance is available for those who qualify using the Recreation Access Pass . For support selecting the right course, contact **604.898.3604** to be directed to a **Program Coordinator**.

#### Neuro-fit

Circuit-based exercise aimed to optimize the health of your neurological system. Ideal for individuals affected by stroke, acquired brain injury, MS, Parkinson's or spinal cord injury.

#### Re-fit

Exercises for Osteoarthritis and fall prevention; designed for adults with chronic joint conditions or those having difficulty with mobility such as decreased walking tolerance, difficulty with stairs, tripping or falling.

<b>APPLICATION</b>
Please complete this form and submit to customer service, or email to <a href="mailto:recreation@squamish.ca">recreation@squamish.ca</a>
<b>Applicant Name:</b>
<b>Phone Number:</b>
<b>Email:</b>
<b>Preferred Class:</b>
Are you applying on behalf of another person? If so, please provide your name and contact details.
<b>Name:</b>
<b>Phone Number:</b>
<b>Email:</b>

### Registration Information

All participants must be pre-approved prior to registration.

- You will be notified once your application form has been received.
- New intakes are assessed on a seasonal basis.
- Limited spaces are available, you may be required to waitlist if applying between sets, or if the program is full.
- You may be asked screening questions to determine your eligibility in the program.
- The information you provide will be shared with a registered Physiotherapist program consultant.