



Guelph CHC Pre-Postnatal Exercise Program Registration Information

The Guelph CHC offers exercise classes for women who are prenatal and for those who have a baby up to 10 months of age.

Class Information

When and Where

Low impact aerobics classes are held on Wednesday mornings from 10:30 – 11:30 a.m. at the Ontario Early Years Centre at Stone Road Mall

2012 Session Dates

This program is a seven or eight week program. When you register, please do so in a session that you are able to attend the full number of weeks.

Session #1	January 11 th – February 29 th
Session #2	March 7 th – April 25 th (no class March 14 th due to March Break)
Session #3	May 2 nd – June 27 th
Session #4	July 4 th – August 29 th (assuming enough interest and an available teacher)
Session #5	September 5 th – October 31 st
Session #6	November 7 th – December 19 th

Childcare

Limited childcare is available for children between the ages of 6 months and 6 years. Children who are under 6 months of age as of the first class of the session must be taken into the exercise class for the duration of the program. Please also note that only children whose parent or legal guardian is registered in the Guelph CHC program are eligible for childcare.

How To Register

- Call (519) 821-6638 X452
- Leave a message and someone will call you back to register you in the program

Cancellations

You will receive a reminder call a few days prior to your session start. If you are unable to attend the program, please let us know so that we can offer the spot to another person. This will help to ensure that more women are able to participate in this program. Participant and childcare spots for absent moms and children will be held for up to 2 weeks. However, if a participant and/or her children are absent from the program for 2 consecutive weeks, without notifying Guelph CHC, these spots can no longer be held. If you are going to be absent from the class, please call (519) 821-6638 X 452 and let us know.

Waitlists and Program Repeats

When a program is full, you may ask to be on a waiting list. If there is a cancellation, you may receive a call to let you know that a space has become available.

After you have completed one session, if you would like to register for another you may do so by requesting to have your name added to a the Repeat Participant List. However, first priority will be given to women who have not previously attended the Pre-Postnatal Exercise program.

General Information about our Exercise Class

Eligibility

This program is available only to residents of Guelph.

Donations

This program is pay what you can. We would ask that participants consider making either a donation of \$3 per class, or \$20 per 8 week session. Thank you!

Substitute Instructors

Please note that Guelph CHC has the right to replace an absent or ill exercise instructor with a substitute instructor, who may or may not teach the same style of class for which you have registered. For example, a yoga instructor may substitute teach a class that is typically aerobic style.

Inclement Weather

In the event of inclement weather, participants can be made aware of program cancellation by listening to Magic 106.1 or checking out our website at www.guelphchc.ca

Questions?

If you have any questions or concerns please contact the program coordinator at (519) 821-6638 x 367. Please note that the program coordinator works part-time (typically Tuesday/Wednesday 9-5 and Thursday 9-12:30).