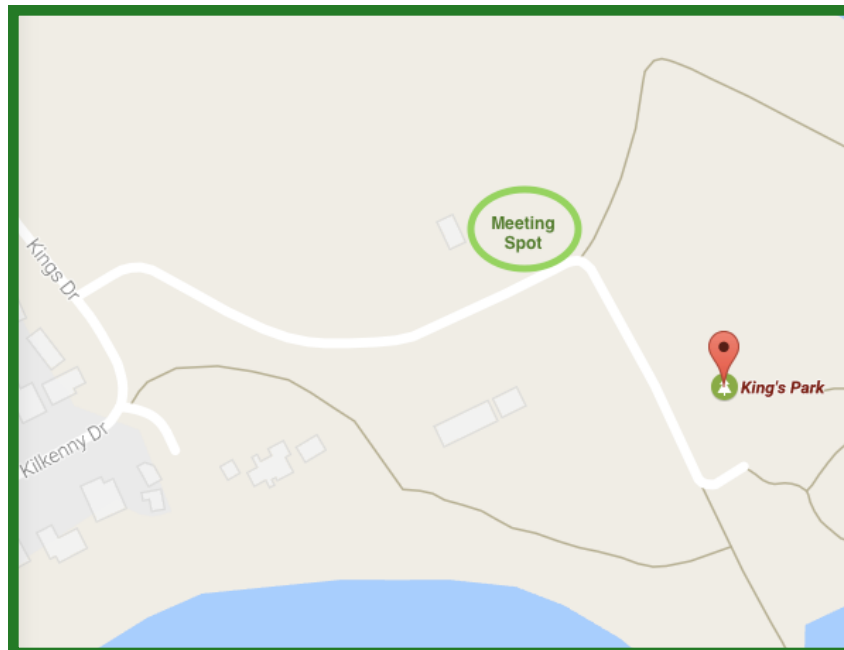


Foresthood

To increase time spent in urban forests during the childhood years

Wednesdays in the Woods will be 1:00 to 4:00 pm, April 4 to May 23, 2018.
Foresthood Fridays will be 9:00 am to noon, April 6 to May 25, 2018

Pick up and drop off will be at the first small parking lot with the washroom in King's Park.



- Rain or winter boots
- Rain suit or snow suit- jacket & pants or one-piece
- Running shoes (no sandals) with socks
- Sun hat
- Warm sweater or jacket
- Water bottle
- Long sleeved shirts and pants are recommended
- Mitts, neck warmer and toque
- Small backpack to carry extra clothing items that they aren't wearing
- Comfort item - blanket, stuffy (optional)

ForesthooD Supply List

During the program Momenta staff will have a cell phone (on silent) that will be used in case of emergencies.

We will provide a snack mid-morning.

At pick up, your child might be dirty or muddy!

Payment and Completed Forms (front and back) must be received by March 26, 2018.

Total cost is \$200 + GST = \$210.00

We accept cash or cheque. We can also accept e-transfers to krista@experiencemomenta.com

Forms can be e-mailed, mailed, faxed or dropped off!
Here are the details for each of these options.

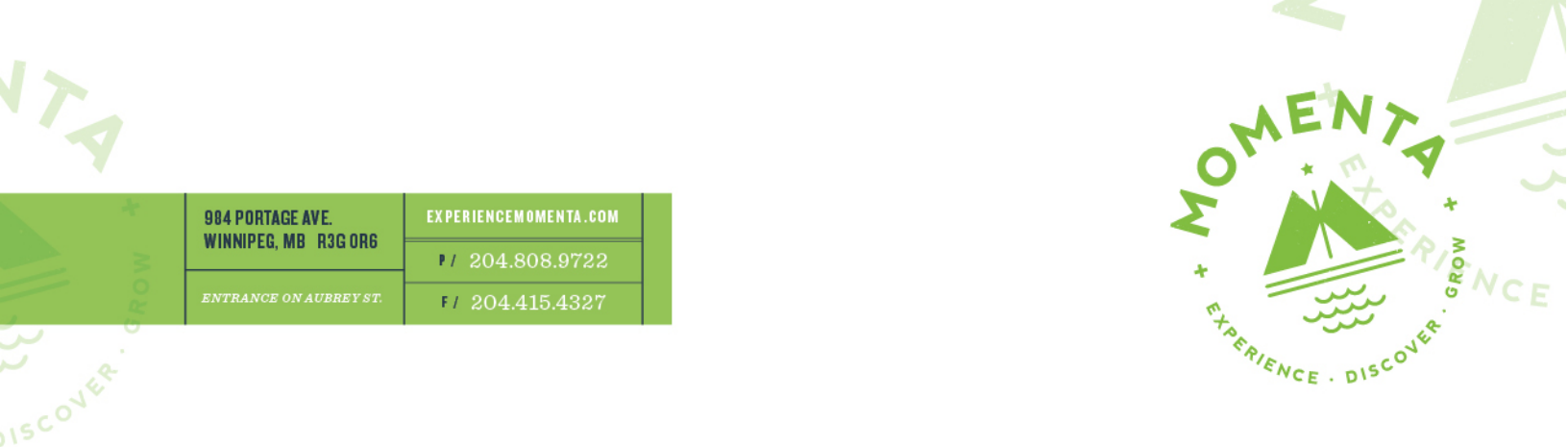
Email: krista@experiencemomenta.com

Mail or Drop Off: 984 Portage Ave., Winnipeg, Manitoba, R3G 0R6
(If you are dropping off, our entrance is on Aubrey and we have a locked mailbox to the left of our door)

Fax: 204-415-4327

Email krista@experiencemomenta.com if you have any questions.





984 PORTAGE AVE. WINNIPEG, MB R3G 0R6	EXPERIENCEMOMENTA.COM
	F / 204.808.9722
ENTRANCE ON AUBREY ST.	F / 204.415.4327

Foresthood - Please indicate which program/days you are registering for

- Foresthood Fridays Spring 2018 Forest Babies (Thursday) Spring 2018
 Wednesdays in the Woods Spring 2018

Full Day Foresthood on Non-Instructional Days

- | | | |
|---|---|---|
| <input type="checkbox"/> November 17 - WSD | <input type="checkbox"/> March 16 - all divisions | <input type="checkbox"/> May 7 - WSD |
| <input type="checkbox"/> November 24 - 7 Oaks SD | <input type="checkbox"/> March 26 - all divisions | <input type="checkbox"/> June 8 - Louis Riel |
| <input type="checkbox"/> January 5 - all divisions | <input type="checkbox"/> March 27 - all divisions | <input type="checkbox"/> June 15 - Pembina Trails & St. James |
| <input type="checkbox"/> February 2 - all divisions | <input type="checkbox"/> March 28 - all divisions | |
| <input type="checkbox"/> March 2 - Louis Riel | <input type="checkbox"/> March 29 - all divisions | |
| <input type="checkbox"/> March 9 - DSFM | <input type="checkbox"/> April 20 - all divisions | |

Participant Name _____ Birthdate _____ Age _____

Name of Parent or Guardian _____ Address _____

email address _____

Home Phone (____) _____ Work or Cell Phone (____) _____

Doctor's Name _____ Doctor's Phone _____ Manitoba Health Number _____

Emergency Contact Name _____ Relationship _____ Phone (____) _____

Does the participant	Yes	No
Have any medical or behavioural issues that we should be aware of		
If yes please explain:		
Plan to take prescription or non-prescription (over the counter) medication during the program		
If yes please explain:		
Have any food allergies or dietary restrictions		
If yes please explain:		

Parent's or Guardian's Agreement

1. I agree to permit the use of photographs or videos in which my child appears in any Momenta publication including posting on the internet Yes _____ No _____

2. In consideration of being allowed to participate in any way in Momenta's athletic/sports program, related events and activities, the undersigned acknowledges, appreciates, and agrees that:

The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and, I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown physical and legal, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation. I knowingly waive my right to bring any legal action for any injuries I may suffer as a result of my participation in the above activity; and, I willingly agree to comply with the stated and customary terms and conditions for participation. If however I observe any unusual significant hazard during my presence or

