

# Foresthood

To increase time spent in urban forests during the childhood years

Tuesdays 9:30am to 11:30am, February 20 to March 20, 2018

Meeting spot will be at the shelter by the Duck Pond in St. Vital Park.

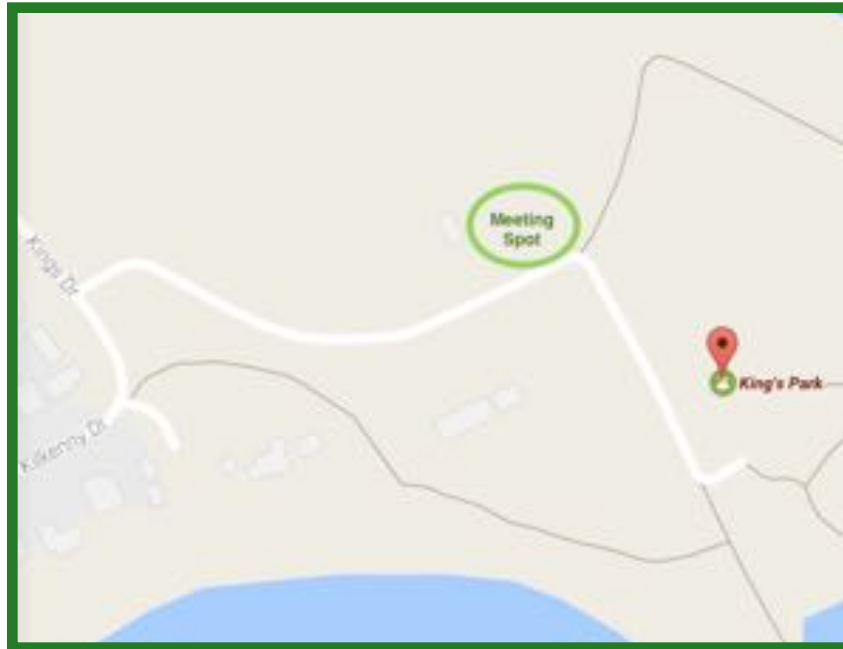


Tuesdays 9:00am to noon, April 3 to May 22, 2018

Meeting spot will be the washroom at Crescent Drive Park



Wednesdays 1:00 to 4:00 pm, April 4 to May 23, 2018  
Fridays 9:00 am to noon, April 6 to May 25, 2018  
Meeting spot will be at the parking lot with the washroom in King's Park.



## Foresthod Supply List

- 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)

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-program.

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

Payment and Completed Forms (front and back) must be received one week before the start of the program.

Total cost for February to March program (5 sessions) \$125 + GST = \$131.25

Total cost for April to May programs (8 sessions each) \$200 + GST = \$210.00

We accept cash or cheque. We can also accept e-transfers to [krista@experiencemomenta.com](mailto: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](mailto: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](mailto:krista@experiencemomenta.com) if you have any questions.





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

- Tuesday Mornings February & March (St.Vital Park)
- Tuesday Mornings April & May (Crescent Drive Park)
- Wednesday Afternoons April & May (King's Park)
- Fridays Mornings April & May (King's Park)
- Forest Babies (Thursday) Spring 2018 (Crescent Drive Park)

**Full Day Foresthood on Non-Instructional Days**

- January 5 - all divisions
- February 2 - all divisions
- March 2 - Louis Riel
- March 9 - DSFM
- March 16 - all divisions
- March 26 - all divisions
- March 27 - all divisions
- March 28 - all divisions
- March 29 - all divisions
- April 20 - all divisions
- May 7 - WSD
- June 8 - Louis Riel
- June 15 - Pembina Trails & St. James

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 participation, I will remove myself from participation and bring such to the attention of the nearest official immediately.

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above.

By my signature, I attest all information on this form is complete, thorough and truthful.

Parent / Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

**My child can be picked up at Foresthood by the following people:**

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Any additional information you would like to share with Foresthood staff about your child:**

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