

REGISTRATION FORM

MOMENTUM 2025 ACRO WORKSHOP

SUNDAY, JANUARY 19TH, 2025

General Information

STUDIO NAME:

PARENT NAME:

ADDRESS:

CITY:

PROV:

POSTAL CODE:

PHONE:

EMAIL:

Event Information

Location: In Harmony Dance and Wellness Dance School

1220 Stellar Dr. Newmarket, ON

Time: 8:30am - 9:00am Registration

9:00am - 10:am Warm Up and Conditioning

See page 2 for detailed schedule

Instructors: Nancy Dinner, Andrea Mulder and Susie Prestwich

Level Requirements

Junior/Elementary: Students should be able to perform a cartwheel and a backbend with recovery

Intermediate/Seniors: Students should be able to perform both front and back walkovers

Schedule

GROUP A: INTERMEDIATE/ADV SCHEDULE	
8:30am - 9:00am	Registration
9:00am - 10:00am	Warm Up and Conditioning
10:00am - 11:30am	Trick Variations with Andrea Mulder
11:30am - 12:15pm	Tumbling with Andrea Mulder
12:15pm - 12:45pm	Balance and Contortion with Nancy Dinner
12:45pm - 1:15pm	LUNCH
1:15pm - 2:45pm	Partnering with Nancy Dinner
2:45pm - 3:30pm	Choreography with Andrea Mulder
GROUP B: JUNIOR/ELEMENTARY SCHEDULE	
8:30am - 9:00am	Registration
9:00am - 10:00am	Warm Up/Conditioning
10:00am - 11:30am	Partnering with Nancy Dinner
11:30am - 12:00pm	Balance and Contortion with Nancy Dinner
12:00pm - 12:30pm	LUNCH
12:30pm - 1:15pm	Tumbling with Andrea Mulder
1:15pm - 2:45pm	Trick Variations with Andrea Mulder
2:45pm - 3:30pm	Choreography with Nancy Dinner

GROUP C: BEGINNERS	
8:30am - 9:00am	Registration
9:00am - 10:00am	Warm Up/Conditioning
10:00am - 11:30am	Acro for Beginners with Susie Prestwich
FOR ACRO TEACHERS	
11:30am - 12:00pm	Q & A Session with the PAEC Acro Committee

Fees Information

The Q & A Roundtable is FREE for teachers

EARLY BIRD PRICING! Sign up early and SAVE!

(All paperwork and fees must be received in the office **BEFORE December 21st** to qualify for this discount.)

Email your form along with your payment by e-transfer to paecdanceoffice@gmail.com.

OR mail your form along with your payment by cheque to:

PAEC P.O. Box 85033 Sherway Gardens

Etobicoke ON M9C 5N4

OR pay through our website at www.paec.ca. Click on SHOP and pay with a credit card. Note that there is a 3.5% surcharge on all credit card payments.

	STUDENT
Full Day	\$90
EARLY BIRD DISCOUNT - BEFORE DECEMBER 21st	\$75
Teacher Observation Fee	\$25

.....

Payments by E-Transfer or studio cheque must be received along with registration form to secure registration. NO post-dated cheques please. The above rates include applicable taxes. Registrations are accepted on a first-come, first-served basis. No refunds. Spaces are limited. PAEC reserves the right to limit registration. PAEC reserves the right to cancel the workshop due to insufficient registrations.

.....

I, the undersigned on behalf of the parties registered fully understand that PAEC, the host venue, and our staff members are not liable for any personal injuries, loss, or damages sustained while attending the aforementioned event. I authorize PAEC the use of photographs and videography of the registered participants for advertising purposes.

Signature of Representative

Date

Print Name

Fee Calculator

.....

Category	Number	Price	Total
Student - FULL DAY		\$	\$
Student - FULL DAY EARLY BIRD		\$	\$
		GRAND TOTAL	\$

Participants' Information
.....

Full name of participant	Age	Level
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		
16.		
17.		
18.		
19.		
20.		

*Please photocopy or print extra pages to include all the participants.