



1415 Beechtree St., Grand Haven, MI 49417
 Phone: 616.850.5125
 nora.ghaps.org

Sponsored by:



5th & 6th Grade Coed Track Club



Tuesdays & Thursdays April 9 – May 7, 2019
4:00pm – 5:00pm
Coach Thomas Dixon
White Pines Intermediate School Track
Fee: \$52 Resident/ \$67 Non-Resident (Includes t-shirt)
 Meet on Track. Rainy days plan to meet in Griffin Elementary Gym.
NORA reserves the right to cancel programs if the minimum enrollment is not achieved.
 All abilities welcomed. This instructional and conditioning program includes: safe stretching and warm-up exercises; instruction in dashes; sprinting; 4-member team relay; standing long jump, softball throw, cross country, general fitness and nutrition. Join Coach Dixon for a fun workout and prepare for a local NORA Track Meet on May 9, along with other upcoming community running events.
 The final day will get your child ready for the meet!

Financial Assistance available through the *Chris Christiansen Youth Scholarship Fund*. Donations are always accepted and appreciated.

2019 NORA 5th & 6th Grade Coed Track Club #89162

\$52 Resident / \$67 Non-Resident

Registration deadline is 1 week prior to start of class
 w/Coach Thomas Dixon

\$10 fee assessed for late enrollment

Name _____ DOB ____ / ____ / ____ Age ____ School _____

T-shirt size: (circle one) Youth Large Adult Small Adult Medium Adult Large

Parent Name _____ Email _____

Phone (Primary) _____ (Secondary) _____

Address _____ City _____ Zip _____

PLEASE CHECK APPROPRIATE RESIDENCE BOX ✓

GH City GH Twp City Frsbg Rob Twp Port Shldn Twp GHAPS (Other) GHAPS (SL) SL Twp (NR) SL Village (NR) Other (NR)

My child has my permission and is physically fit to participate in this NORA program.

Parent/Guardian Signature _____ Date _____

PAYMENT MUST ACCOMPANY REGISTRATION TO BE PROCESSED.
Make checks payable to NORA or
Northwest Ottawa Recreation Authority
Register at the Recreation Office, 1415 Beechtree St.
Grand Haven, MI 49417
Mail in, drop box, walk in, call 850-5125 or
online at nora.ghaps.org
Visa/MasterCard accepted.
Like us on FACEBOOK!



Refund Policy:

1. A full refund will be issued if NORA cancels a class.
2. A full refund less a \$5 processing fee will be issued if participant cancels at least 48 hours prior to the start of class.
3. If cancellation is less than 48 hours of class beginning, a voucher for value of class will be issued less the \$5 processing fee. **VOUCHER CAN BE USED TOWARD ANY NORA CLASS, JUST LIKE CASH, BUT MUST BE USED WITHIN ONE YEAR.**
4. **NO REFUND** will be issued if canceling on day of class.
5. **NO REFUND** will be issued after class starts regardless of attendance.
6. A \$15.00 fee will be charged for all returned checks.

1/6/10