

EASTERN HARPS GAA CLUB & SLIGO SPORT AND RECREATION PARTNERSHIP

Start Running Today With



Name: _____

Address: _____

Email: _____

Contact Number: _____

Participation in 'Couch to 5k' requires a commitment to train twice a week, Tuesday and Thursday starting on the 31st of March 2015 from 7.30pm at Gurteen Hall.

As a participant of this programme, I agree to attend 2 sessions per week for 8 weeks

Please tick Yes _____ or No _____

Fee of €30.00 paid by Cheque _____ Cash _____

Signed: _____ Date: _____

NB: Minimum of 20 participants required for programme to go ahead.

CLAIRSIGH AN OIRTHEAR
EASTERN HARPS G.A.A. CLUB

