

# MANITOBA HORSE COUNCIL



## Prevent Injuries! Join our Fall and Roll Course

Manitoba Horse Council, in conjunction with Nakamura Judo Club, is offering a short course on how to fall and roll effectively.

Where: Nakamura Judo Club, 1000 Notre Dame Ave, Winnipeg MB (second floor) Parking is available on the side and back of building. (See map) No parking by the fence.

When : 6:30 – 7:30 pm April 18, 25, and May 2, 2017. (Participants need to attend all three sessions.)

Attire: Comfortable clothes and bare feet! Bring water.

### *Your contact information:*

Name \_\_\_\_\_

MHC membership number \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

Province \_\_\_\_\_ Postal code \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Registration Fee: \$20 or \$25 for non MHC members (includes all 3 sessions). Registration deadline is April 12, 2017

### ***Payment Information***

Payment by cheque in the amount of \$\_\_\_\_\_ enclosed  
Please make cheques payable to Manitoba Horse Council

Payment by credit card(Visa/MasterCard) in the amount of \$\_\_\_\_\_

Card number \_\_\_\_\_

Expiry Date \_\_\_\_\_ CVC \_\_\_\_\_

Card Holder Name (please print) \_\_\_\_\_

Signature \_\_\_\_\_

Forms may be mailed with cheque or credit card information to:  
Manitoba Horse Council, 145 Pacific Avenue, Winnipeg MB R3B 2Z6

Or e-mailed with credit card information to: [mhc.exec@sportmanitoba.ca](mailto:mhc.exec@sportmanitoba.ca)

Or phoned in with credit card information: 204-924-5719

Waiver form MUST be filled out and brought with you to the first session.

Manitoba Horse Council  
145 Pacific Avenue

[www.manitobahorsecouncil.ca](http://www.manitobahorsecouncil.ca)  
follow us on Face Book

Phone: 204-925-5719 / email  
[mhc.exec@sportmanitoba.ca](mailto:mhc.exec@sportmanitoba.ca)