



COMMUNAUTÉ
SÉPHARADE
Unifiée du Québec



CLUB DE GOLF ELM RIDGE GOLF & COUNTRY CLUB

9 : 30 AM

19 JUIN - JUNE 19



COMMUNAUTÉ
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GolfSwing

AN ALL AROUND FUN WOMEN'S WELLNESS DAY
BRING YOUR FRIENDS AND COME
RELAX, LEARN, MOVE AND LAUGH

**CREATE YOUR OWN SCHEDULE FROM
A VARIETY OF OPTIONS**

MORNING PROGRAM

LOWER BODY & CORE CLASS
MASSAGE
FACIAL

AFTERNOON PROGRAM

BARRE CLASSES
MASSAGE OR FACIAL
CONTOUR MAKEUP TUTORIAL
COCKTAIL 101: MIX & TASTE

EVENING PROGRAM

EXPRESS BLOWDRY
COCKTAIL DINATOIRE
COMEDY SHOW

RELAXING BY THE POOL IS ALWAYS AN OPTION

IF YOU WISH TO BE PAIRED WITH YOUR FRIEND, PLEASE SPECIFY BY GIVING THEIR FULL NAME:



FOR MORE INFORMATION CALL SARAH MIMRAN TEL 514.733.4998 EXT. 3183



INFORMATIONS GÉNÉRALES / GENERAL INFORMATION



NOM / NAME

ADRESSE / ADDRESS

VILLE / CITY

PROVINCE

CODE POSTAL / POSTAL CODE

TEL.

EMAIL

NOM COMPLET DE VOTRE AMIE / FRIEND'S FULL NAME (OPTIONEL / OPTIONAL)



PRIX / PRICES



JOURNÉE SEULEMENT / DAY ONLY

\$ 250

JOURNÉE + SOIRÉE / DAY + EVENING

\$ 500



ITEMS À AMENER / ITEMS TO BRING



- SERVIETTE / TOWEL
- MAILLOT DE BAIN / BATHING SUIT
- TENUE DE GYM / GYM ATTIRE
- CHAUSSURES DE COURSE / RUNNING SHOES
- TENUE DE SOIRÉE (COCKTAIL) / EVENING ATTIRE(COCKTAIL)
- MAQUILLAGE / MAKEUP
- SANDALES / FLIP-FLOPS
- ARTICLES DE DOUCHE / SHOWER ITEMS

 **PERSONALISER VOTRE JOURNÉE / PERSONILZE YOUR DAY** 

PROGRAMME DU MATIN / MORNING PROGRAM
(VEUILLEZ CHOISIR L'UN DES SUIVANTS / PLEASE CHOOSE ONE OF THE FOLOWING)

A) ENERGIZE YOURSELF :

OR

B) REJUVENATE YOURSELF :
(PLEASE CHOOSE 2 OF THE FOLLOWING)

- LOWER BODY & CORE
FITNESS CLASS (45 MIN.)

- BACK MASSAGE (20 MIN)
 FACIAL (20 MIN)
 FOOT MASSAGE (20 MIN)

PROGRAMME DE L'APRÈS-MIDIS #1 / AFTERNOON PROGRAM #1
(VEUILLEZ CHOISIR L'UN DES SUIVANTS / PLEASE CHOOSE ONE OF THE FOLOWING)

A) ENERGIZE YOURSELF :

OR

B) REJUVENATE YOURSELF :
(PLEASE CHOOSE 2 OF THE FOLLOWING)

- BARRE CLASS (45 MIN)

- BACK MASSAGE (20 MIN)
 FACIAL (20 MIN)
 FOOT MASSAGE (20 MIN)

PROGRAMME DE L'APRÈS-MIDIS #2 / AFTERNOON PROGRAM #2

C) EDUCATE YOURSELF :

- CONTOUR MAKEUP TUTORIAL

PROGRAMME DU SOIR / EVENING PROGRAM
(OPTION FOR THE WOMEN REGISTERED TO THE WOMEN'S WELLNESS DAY & EVENING)

EXPRESS BLOW DRY:

- YES NO