

Sign In & Investments

Cod	Course	Teacher	50% Promotion MH Family Up to 13 Augusto	Up to 15.09	Up to 1.10	Conv. day
1	Swimming Pool first Aid & Lifeguard (Free Hidro by Night)	José Palacios	44.5	67	71	89
2	Management, Organization and Planning (Free Coffee Break & Hidro by Night)	Cristina B; José Charro; Nuno Santos; Francisco E.	39	58	62.5	78
3	Senior Fitness: <i>Ready to Use</i>	Mª Spratley	25	37	43	50
4	Choreographic Progressions	Tinoca & Pedro	20	28	32	40
5	Swimming for Adults	Nuno Santos & Marco G.	20	28	32	40
6	Dance Fusion	RogérioF.	20	28	32	40
7	Long Breth.com	Ivan Amaral	20	28	32	40
8	Hidro Bellies	Mª Castilho & Rita Pinto	20	28	32	40
9	Deep Lab	João Santos & Ricardo M.	20	28	32	40
10	Basic Step	Pedro Santos	20	28	32	40
11	Nutrition for Instructors	Ivan Amaral	20	28	32	40
17	Masters LAND 1 Day	Several	14	22	24	27.5
18	Free Pass Masters Land 2 Days	Several	20	28	32	40
19	Hidro by Night Friday	Several	6	9	11	13
19	Masters Water Saturday OR Sunday	Several	29	43	46	58
20	Free Pass Master Water 3 Days (free Masters Land + course 11)	Several	60	90	96	120
21	Free Pass All Areas and courses (Land & Water)	Several	94.5	142	151	189
22	Dinner <i>MH</i>		20	20	20	20

By Mail

- Fill the sign in sheet and send it together with relevant investment in cheque or equivalent to:
Cristina Senra, R. Rancho das Cantarinhas nº9, 9ªA; 3080-250 Figueira da Foz, Portugal

By E-MAIL

- Fill the sign in sheet and send it together with bank transfer proff to:
mundohidro_tinoca@yahoo.com, (IBAN: PT50003502550022169153077)

Contactos

961374697 (Ivan) 919003846; 961374696 (João Santos)

