

**SPRING
2018**

LANE COVE GYMNASTICS CLUB

MINI OLYMPICS

CRAWL!

ROLL!

**FITNESS
GYM!**

CLIMB!



HAVE FUN!

TUMBLE!

JUMP!

**OBSTACLE
COURSE!**

**Ages
5+ years**

Week Two: Tuesday 9 October *and* Friday 12 October

Time: 4:00pm to 5:30pm | Cost \$35.00 per child

90 mins of high energy, friendly competition fun!

Our office accepts cash, cheque, EFTPOS, Visa or Mastercard payments.

No bookings are secured until payment is received by our office and confirmation email issued.

For any enquiries please contact our office on 9428 5669 or email: info@lanecovegymnastics.com

PLEASE USE BLOCK LETTERS ONLY

Full Name 1: _____ **D.O.B:** _____

Full Name 2: _____ **D.O.B:** _____

Primary Contact Name: _____ **Mobile:** _____

Email: _____

Emergency Contact Name: _____ **Mobile:** _____

	TUES 9 OCTOBER	FRI 12 OCTOBER
Week 1		

TOTAL \$ _____

Credit Card Payments

(1.1% Surcharge) Name of Card Holder: _____

Payment details: _____ **Card Type (circle):** Visa Mastercard

Card Number: _ _ _ _ / _ _ _ _ / _ _ _ _ / _ _ _ _ **Expiry Date:** _ _ / _ _

CCV: _ _ _

Signature: _____

Lane Cove Gymnastics Club is a facility that offers clients the opportunity to participate in a number of recreational activities designed for fun and fitness. Activities include manoeuvring one’s body by climbing, jumping, swinging, hanging, balancing, and other tasks designed to increase the strength, endurance, general fitness, and confidence of the participant. Mini Olympic activities include running up the warped wall, swinging from ropes, rings and cannon balls, trampoline, gymnastics style tumbling, ring slider, quintuple steps, balance beams, and many more. Other activities available at Lane Cove Gymnastics Club include parties, classes, competitions, school holiday programs, and special events.

However, while there are many benefits associated with these activities, Lane Cove Gymnastics Club feels it is important that the PARTICIPANT/PARENT (which refers to either an ADULT Participant, OR a MINOR Participant and PARENTS/LEGAL GUARDIANS) knows that activities in this workshop range from moderate to strenuous. Consequently, like all physical activities, involve some risks of injury that are inherent to the activity. Some of the *inherent risks* include but are not limited to falls (even on padded surfaces), landing wrong on leaps or jumps, over-exertion, attempting actions or manoeuvres that are beyond a participant’s capacity, landing on a hard surface, slips and falls within the activity area or in other parts of the facility, unexpected failure of the equipment, and shifts in padding.

Further, Lane Cove Gymnastics Club feels that it is important that the PARTICIPANT/PARENT understands that minimal, serious and catastrophic injuries can occur in any physical activity. While it is impossible to eliminate all risk and possibility of injury, Lane Cove Gymnastics Club 1) has designed the facility with safety as a priority; 2) provides padding of floors and many stationary objects; 2) has trained supervisors on duty; 3) provides general supervision of activities; 4) provides instruction and emphasizes safe skill progressions.

Rules and Actions

- Agree to obey all safety rules and alert the staff to any rule violations or dangerous behaviour of co-participants
- Agree to respect the facility and equipment and not willingly cause damage to any piece of equipment or area of the facility.
- Acknowledge that it is the participants’ duty to inform staff and cease exercise immediately if he/she feels any unusual discomfort (e.g shortness of breath, faintness, high anxiety, chest pains etc) during participation.
- Agree to attempt only activities that I feel I am capable of performing safely.

Health and Safety

- Acknowledge that one should get medical clearance prior to participation in a vigorous physical activity.
- Possess a sufficient level of skill and physical fitness for safe participation in LCGC activities.
- Have no health problems that would make participation in Ninja Warrior activities unwise.
- Authorise LCGC to administer emergency first aid and/or CPR when deemed necessary by coaches, staff or volunteers.
- Authorise LCGC to secure emergency medical car or transportation when deemed necessary by LCGC and I agree to assume all costs of emergency medical care and transportation.

Acknowledgment of Understanding:

I, the PARTICIPANT/PARENT, have read this Agreement and understood that I am voluntarily signing this agreement, and intend my signature to release Lane Cove Gymnastics Club of all liability.

Additionally, I, the Parent/Guardian of a minor participant assert that I have explained the risks of physical activities and Lane Cove Gymnastics Club safety rules to my minor son or daughter and that he or she understands the risks and agrees to the following rules.

I certify that I am the parent or legal guardian of the above minors and confirm that the information provided is accurate and true.

I am at least 18 years old and I have read and agree to the terms of the above agreement.
By signing your name below, you are certifying this waiver document.

Name: _____

Signature: _____

Date: _____

Conditions:

- All payments must be made in full at time of booking to secure spots.
- No refunds or credits will be given unless a medical certificate is supplied.
- Changes to dates must be done at least 24hrs in advance before the day is due to start and are based on availability.
- No changes or cancellations will be done on the day.
- Active Kids rebate is not available for holiday programs.
- Our programs are strictly drop off
- A waiver of participation must be signed and returned back with registration form to participate in this workshop.

PARKING & ROAD SAFETY:

Parking is only permitted in spots in the basement marked '**GYMNASTICS**'. If there is no parking in the basement, please park on Orion Road and walk your child safely up the ramp to the Gym. Please ensure your children have footwear on whilst outside the gym and only walk along the yellow crossing.

Please do not park in any unmarked spots or in driveways for any reason. Any fines issued to LCGC will be passed on to those responsible.