



GYMNASTICS REGISTRATION FORM

Students Name:	DOB:
Parent/Guardian/ Emergency Contact Details	
Name:	Address:
Phone:	Email:
Signature:	
Any medical conditions/information we need to know about? (Allergies, injuries)	

Please circle the class you wish to attend:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Recreational Gymnastics (5-7 years) 3:30pm – 4:20pm	Recreational Gymnastics (5-7 years) 3:30pm – 4:20pm	Recreational Gymnastics (5-7 years) 3:30pm – 4:20pm	Recreational Gymnastics (5-7 years) 3:30pm – 4:20pm
Recreational Gymnastics (5-7 years) 4:30pm – 5:20pm	Recreational Gymnastics (5-7 years) 4:30pm – 5:20pm	Recreational Gymnastics (5-7 years) 4:30pm – 5:20pm	Recreational Gymnastics (5-7 years) 4:30pm – 5:20pm
Recreational Gymnastics (9-13 years) 5:30pm – 6:20pm	Recreational Gymnastics (9-13 years) 5:30pm – 6:20pm	Recreational Gymnastics (9-13 years) 5:30pm – 6:20pm	Recreational Gymnastics (9-13 years) 5:30pm – 6:20pm

All precautions will be taken to prevent accidents; however, these activities are dangerous sports. Participants take

DATE:

PAID : CASH /CARD /VOUCHER

STAFF:



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Gymnastics develops physical skills of balance, coordination, flexibility and strength, as well as building self-esteem and confidence in a safe and fun environment.

Children are grouped by age and ability and progress through our skills-based stages. Despite not being a competitive program, we take our gymnastics very seriously and ensure the children are learning correct techniques with proper gymnastics “shaping”. That said, we are also very serious about having fun!

Each class begins with a games-based warm up, including a focus on shapes/strength and flexibility. The class then rotates through a variety of apparatus to learn skill-based exercises.

Recreational gymnastics can provide pathways to Development and Competitive gymnastics, as well as foundation skills for other sports!

Uniforms

PCYC also has gymnastics uniforms available for order if you wish to purchase. Please see the club for this option

Cost must be paid upfront

\$120 per term

\$65 GYM NSW Annual Affiliation Fee

\$15 Cowra Registration Fee

PCYC Cowra

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