



PCYC GLEBE/LEICHHARDT SUMMER SCHOOL HOLIDAY INTENSIVES

WEEK 1: 14 th -17 th of April	WEEK 2: 22 nd , 23 rd & 24 th of April
GYMNASTICS INTENSIVE CAMPS - \$110 ONE day course (7+ years) Beginner & Intermediate	**MUST MEET AGE <u>AND</u> SKILL REQUIREMENTS LISTED BELOW** 9:00am-4:00pm
PARKOUR INTENSIVE WORKSHOPS - \$55 3 hour workshop (6+years) Beginner, Intermediate & Advanced	Intermediate and Adv must have completed at least one term in a Free G class of the same level or attended the below level intensive.
GYM FUN INTENSIVE - \$100 One day course (5+ and in Kindy or more) Available to all levels	9:00am-3:00pm ** NEW INTENSIVE ** Available to all, no skill requirements!
CHEERLEADING WORKSHOPS - \$45 Beginner (Level 1), Intermediate (Level 2), Advanced (Level 3-4)	2 hr workshops – please check days below. INT and ADV must have trained or competed at the level described or attended below level intensive and been recommended by the coach.
KINDER GYM WORKSHOPS - \$20 1 hr class (1.5-3 OR 3-5yrs old)	Interested in trying KinderGym? Come and try a fun class, please note this class requires active participation from a carer/ parent! These classes are split by age.

ADD ONS – *Can be added to existing gymnastics intensive booking*

Cost Per Child	Times
ADD FULL DAY ACTIVITIES + \$40.00 Half day workshops can join in with mixed activities for the remainder of the day.	Drop off: 8:00-9:00am Pick up: 3:00pm-4:00pm
EXTRA TIME ACTIVITIES - \$20 PER DAY	Duration: 4:00pm-6:00pm
What to wear: Active wear suitable for gymnastics. Parkour and Cheerleading can wear CLEAN & soft flexible shoes, ie tennis shoes. If hair touches shoulders – must be tied up	What to bring: Please label everything! Water bottle, recess & lunch compulsory. Hat Recommended. Please bring afternoon tea if doing extra time activities.

Please complete the form below:

First Name	Last Name	D.O.B.	PCYC Number (on card)	Do you have any preexisting injuries, that may impact your participation?
1.				N Y
2.				N Y
3.				N Y

Emergency Contact Details of Parent / Guardian:

Full Name	Relationship	
Contact Number	Email	

Using an Active Kids or Creative Kids Voucher? Please complete the table below.

Please note you can only book Gymnastics with active vouchers and Cheer, Aerobics + Parkour with creative vouchers

Full Name (include middle name)	D.O.B.	Voucher Number
1.		
2.		
3.		

To enrol please place your child's number (1,2,3) in the selection box

GYMNASTICS INTENSIVE CAMPS

NEW: Gymnastics GYM FUN ONE DAY Intensive - \$100 each – 9AM – 3PM

Skill Prerequisites: None, they just have to be at least in Kindy, have a passion for Gymnastics and a good attitude! 😊

Best suited to: *GymStar all levels and Beginners!*

		CHILD/REN	EXTRA TIME			CHILD/REN	EX TIME
Week 1	Monday 14 th April Age 6+			Week 2	Thurs 24 th April Age 6 +		

Gymnastics BEGINNER ONE DAY Intensive - \$110 each – 9AM – 4PM

Skill Prerequisites: Handstand, forward roll, backward roll, & cartwheel

Best suited to: *GymStar PLUS Bronze, Silver, WAG 1, WAG 2,*

		CHILD/REN	EXTRA TIME			CHILD/REN	EX TIME
Week 2	Wednesday 16 th April Age 6+			Week 2	Tues 22 nd April Age 6 +		

Gymnastics INTERMEDIATE ONE DAY Intensive - \$110 each – 9AM – 4PM

Skill Prerequisites: BARS: Pullover and Back Hip Circle, FLOOR: Bridge Kick over, Handstand fwd roll. Front and/or Back walkover & round off preferred. BEAM: Half handstand, straight Jumps.

Best suited to: *GymStar+ Gold, WAG 2, WAG 3, WAG 4*

		CHILD/REN	EXTRA TIME			CHILD/REN	EX TIME
Week 1	Thursday 17 th of April Age 7+						

PARKOUR INTENSIVE WORKSHOP

Parkour Intensive - \$55 each – 3 HRS

Skill Prerequisites: Beginner: Meets age requirements. Attended a parkour or gymnastics class -recommended.
Intermediate: Have/are currently enrolled in a beginner parkour intensive OR have previous parkour experience AND can safely perform cat passes, speed, shoulder rolls and lazy vaults.

Advanced: Meets age requirements, the above AND has completed a term in an ADV class or attended Intermediate Intensive and was recommended by coach to attend.

		CHILD/REN	MIXED SHP 8-4pm \$40	EXTRA TIME 4-6pm \$20			CHILD/REN	MIXED SHP 8-4pm \$40	EXTRA TIME 4-6pm \$20
WEEK 1	<u>PARKOUR BEGINNER WORKSHOP</u> Tuesday 15 th 9:00-12:00 (Age 6+)				WEEK 2	<u>PARKOUR INTERMEDIATE WORKSHOP</u> Wednesday 23 rd 9:00-12:00 (Age 7+)			
	<u>PARKOUR INTERMEDIATE WORKSHOP</u> Tuesday 15 th 12:30-3:30 (Age 7+)					<u>PARKOUR ADVANCED WORKSHOP</u> Wednesday 23 rd 12:30-3:30 (Age 8+)			

CHEERLEADING WORKSHOP - \$45 each – 2HRS

BEGINNER/ INTERMEDIATE - Best suited to: Junior 1, Junior 2, Senior 2

INTERMEDIATE/ ADVANCED - Best suited: Senior 2, Open 3

All workshops run for 2 hrs, include stunting and tumbling. Pick up and drop off is as time listed. There is no early or late sign in/ out.

		CHILD/REN			CHILD/REN
WEEK 1	<u>Beginner/ Intermediate</u> Wednesday 16 th – 5:30-7:30pm		WEEK 2	<u>Intermediate/ Advanced</u> Wednesday 23 rd – 5:30-7:30pm	

KINDER GYM CLASSES - \$20 - 1HR

*Interested in trying KinderGym? Come and try a fun class. This class **requires** active participation from a **carer/parent!**
Classes are split by AGE. Please book in accordance to it!*

		CHILD/REN				CHILD/REN	
WEEK 1	Monday 14th 9:00-10:00 (Age 1.5-3yrs)		WEEK 2	Tuesday 22nd 9:00-10:00 (Age 1.5-3yrs)			
	Monday 14th 10:00-11:00 (Age 3-5yrs)			Tuesday 22nd 10:00-11:00 (Age 3-5yrs)			
	Wednesday 16th 9:00-10:00 (Age 1.5-3yrs)						
	Wednesday 16th 10:00-11:00 (Age 3-5yrs)						
TOTAL COST			INTENSIVES <small>(REFER ABOVE FOR INDIVIDUAL PRICING)</small>	MIXED SHP (+\$40 EA)	EXTRA TIME (+\$20 EA)		
GRAND TOTAL							

PLEASE DETACH THIS PAGE AND KEEP IT FOR YOUR OWN REFERENCE

Terms and Conditions:

- Please return the enclosed enrollment form to the PCYC Glebe/Leichhardt as soon as possible. Places are limited and will book out. Incomplete booking forms will not be accepted.
- Forms can be submitted by either handing them into the club, or emailing them to glebeleichhardt@pcycnsw.org.au
- Enrollment will only be confirmed upon full receipt of payment and completion of booking forms OR completed online booking.
- Bookings can also be made online, for the general program however the creative kids voucher cannot be applied for online bookings.
- Prices as listed above and are per child per day for each activity, \$20 per child per session for extra time.
- All participants must be current PCYC members to attend PCYC programs – junior membership \$15.00
- Once a program is fully booked a participant cannot swap programs.
- Credits will only be provided for participants with a medical certificate, when the club has been informed of the absence at least 1 hour prior to the start of the activity by email.
- Credits / Refunds will not be given for a change of mind. Refunds will only be issued in extreme circumstances.
- Refunds/Credits for activities are not available for bookings paid by Creative Kids.

Program Times:

- Children must be signed in and out of all programs by a parent/caregiver. Sign in 8am-9am and sign out 3pm-4pm. Late fee of \$10 will be charged for any child picked up after this time.
- Children 10+ can sign themselves out but must have a letter signed by their parent each day and will be dismissed at 3pm.
- Day activities officially start at 9:15am and finishes at 3:00pm.

Extra time activities:

- Children will engage in quiet activities and be supervised between 4pm and 6pm.
- Children can be signed out at any time before 6pm.

Gymnastics Intensive Programs:

- Booking is for the duration of the program – individual days cannot be selected.
- This program is not Creative Kids eligible.
- Sign in 8-9:00am, sign out 4:00pm.
- Age and skill limits apply. This program is not suited to those who do not meet the age and skill limits and will not be tailored to suit those who do not meet these criteria.

Inappropriate Behaviour:

- Rules are established for the safety and well-being of all participants. Disregarding rules may result in exclusion from the program following consultation with program staff and parents/guardians.
- If a participant displays inappropriate behaviour, staff will speak to the participant about the rules and positively reinforce alternative behaviour. If no improvement is seen the participant will be given time out.
- If a participant physically harms another child or staff, time out will be given and the parent/guardian contacted.
- For other serious incidents, the participant's parent/guardian will be contacted and required to collect their child from the facility.

What to bring:

- Drinks, lunch, snacks and food for the whole day. Limited snacks can be purchased from our canteen and is limited by stock levels. Please do not rely on canteen items for meals.
- Water bottle
- Enclosed shoes with rubber sole for sports. Socks/bare feet to for activities run in the gymnastics hall.
- Children wearing open toed shoes to sports or skirts/dresses to gymnastics will not be allowed to participate in activities and a credit/refund will not be provided.
- Please clearly label ALL items brought to the Police Citizens Youth Club. PCYC takes no responsibility for lost property. Families are advised not to bring valuables to the club, and to label all personal belongings.

Medication / Allergies /Special Needs:

- If your child is required to take Medication on the day, has Asthma/ Allergy action plan and requires staff handling or assistance with it, parents/ legal guardians are **required** to fill out a Health & Medical form at time of enrollment.
- Medication can only be administered by staff if the Health & Medical form has been returned. You must provide an action plan prior to the start of the day.
- Parents are encouraged to include known triggers, symptoms and management strategies on the form, to help staff recognise and treat the condition. Parents may choose to discuss with coach prior to intensive workshop commencing.
- Children with additional needs who require extra assistance must have a parent/caregiver present. PCYC Cannot provide 1:1 care. If booking for a Gymnastics Intensive and you are concerned skills and abilities may be affected, please reach out PRIOR to booking.

BOOKING IS NOT CONFIRMED UNTIL YOU HAVE RECEIVED AN EMAIL CONFIRMATION FROM PCYC GLEBE/LEICHHARDT. PLEASE ENSURE YOUR EMAIL ADDRESS ON THIS FORM IS CORRECT.