



GYMNASTICS / PARKOUR

REGISTRATION FORM 2021

Term 4

Students Name:	DOB:
Parent/Guardian/Emergency contact details	
Name:	Address:
Phone:	Email:
Signature:	
Is there any medical details/information we need to know about? (Allergies, injuries, medical conditions)	

Please circle which level/class you will be attending:

MONDAY	WEDNESDAY	THURSDAY
Recreational Gymnastics 5 – 10 yrs 4pm – 5pm	Recreational Gymnastics 5 – 10 yrs 4pm - 5pm	Parkour 5 – 9 yrs 4pm-5pm
Development Pathway 10 - teens 5pm - 6pm	Recreational Gymnastics 8 – 12 yrs 5pm - 6pm	Parkour 8 – 12 yrs 5pm – 6pm
	Gymnastics Comp Class 6pm - 7:30pm	

Cost: Recreational, Development Gymnastics & Parkour classes are \$120 for the term.
 Gymnastics Competition Class is \$130 per term.
 Cost must be paid up front. Active Kids Vouchers accepted for Gymnastics.
 Active & Creative Kids Vouchers are accepted for Parkour classes.

DATE:	PAID : CASH /CARD /VOUCHER	STAFF:
-------	----------------------------	--------

*All precautions will be taken to prevent accidents, however, these activities are dangerous sports.
 Participants take part at their own risk.*

Recreational Gymnastics

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!

Development Pathway Gymnastics

This is a progress/pathway class from Recreational Gymnastics.

We follow a comprehensive and progressive stage based program working towards strength outcomes, flexibility and skill acquisition relevant to each skill level. We regularly report on progress to children and parents.

Competition Gymnastics

We offer competition gymnastics classes for kids and teenagers who have a background in gymnastics and are interested in taking their skills to a competitive level.

By joining a competition gymnastics class, your child will learn the critical skills they need to perform against other gymnasts and in front of judges. Even if your child is already well-versed in the fundamentals of gymnastics, learning how to compete against others requires a different way of thinking.

Your child will polish their existing gymnastics abilities and learn how to incorporate them into a routine that will impress competition judges. They will also have the opportunity to train on different apparatuses and figure out where their strengths are.

PCYC Young

6382 5392

young@pcycnsw.org.au