

APPLICANT INFORMATION

| | PARTICIPANT #1 | PARTICIPANT #2 |
|--|---|---|
| Surname: | | |
| First Name: | | |
| Date of Birth: | | |
| Gender: | <input type="checkbox"/> Male <input type="checkbox"/> Female | <input type="checkbox"/> Male <input type="checkbox"/> Female |
| Parent/Guardian Name: (Primary emergency contact) | | |
| Address: | | |
| Email Address: | | |
| Telephone | H: | W: |
| | | M: |
| EMERGENCY CONTACT NAME: | | Ph: |
| Relationship to applicant: | | |

MEDICAL INFORMATION

Please indicate any medical and/or behavioural conditions that the participant/s currently have or have had specifically relating to their involvement in swimming classes

| PARTICIPANT | CONDITION/S | SPECIAL REQUIREMENT/S |
|-------------|-------------|-----------------------|
| #1 | | |
| #2 | | |

INDEMNITY STATEMENT

I, the parent/guardian, have read and agree to the attached Kids Yoga program Information and meet any costs attached hereto as outlined below.

- I accept full responsibility for my child/ren's personal belongings.
- Willoughby Leisure Centre is authorised to obtain medical assistance required in the event of any unforeseen accident or illness, and I agree to meet any expenses attached hereto.
- I accept full responsibility for my child/ren's behaviour during the program and in the event of misbehaviour I will be contacted and asked to collect my child/ren.
- **I accept full responsibility for my child/ren's attendance in the Kids Yoga program, and if absent, I understand that no refunds, transfers or credits will be given.**

I, the undersigned, agree that neither Willoughby Leisure Centre nor its partners are liable for any losses, damage and/or injury occurred and/or sustained by my child/ren in attending the Kids Yoga program.

PARENT/GUARDIAN NAME:

SIGNATURE:

DATE:

IMPORTANT INFORMATION

PROGRAM:

Classes involve breath awareness, body warm ups, yoga stretches, poses, balances and games (detective, yogi says, mirror work, trust games, coil hugs, tunnel of love and much more fun), partner work and Sivasana (relaxation including a little oil neck massage treat). The kids learn to put sequences together themselves with coloured yoga cards and split into groups to create together.

The class will work on the physical body; core for strength, inversions (head below heart), head stand, shoulder stand, hand stand, pranayama (conscious breath awareness) to calm the nervous system, stretches for flexibility, standing poses and warriors for confidence, standing balances for balance, one pointed focus, mindfulness in meditation and quietening the mind.

BENEFITS:

The benefits of yoga for kids:

- better focus and concentration
- improved self esteem
- improved self-awareness
- understanding of the mind and body connection

Classes are done in a circle so everyone is equal!

INSTRUCTOR:

Penny Kidd is a qualified 500 RYT instructor and has done an abundance of Kids Yoga, including: Karma Kids, Zenergy, Yogabugs and Rainbow Kids.

Penny has a performing arts background (Diploma in Dramatic Arts), that brings creativity into the classes.

Penny's goal for the kids through yoga practice is that they discover inner peace and happiness and a freedom to be themselves, recognising their own unique gifts and talents to share with the world. Resilience and bounce back is strengthened to better manage peer group pressure.

LIMITS:

- Minimum age 7 years and maximum age 12 years

ENROLMENT:

- Enrolment will only be confirmed on full receipt of payment and completion of booking form
- Enrolments will close when maximum capacity is reached
- **No transfers, refunds or credits available – all missed bookings will be forfeited**

WHAT TO BRING:

- Water bottle

COST:

Term Fee: \$126.00 (9 weeks)

If you hold a current WLC Family Membership, you are eligible for a 10 per cent discount on your Kids Yoga fees. However, the discount will only be applied if you notify us before your enrolment form is processed.