

## ADULT GYM

Adult Gym class is specifically for people aged 18 years and older who wish to learn the basics of gymnastics. No previous experience is necessary however a range of abilities such as providing challenges for ex gymnasts.

So Come along and join our adult gymnastics class that incorporates balance, flexibility, stretching and strength while maintaining and enhancing your gymnastics abilities. It incorporates a work out work out that uses every muscle in your body and helps develop gymnastics skills for all levels which provides challenges for the ex gymnast or any adult that wants to experience an exciting way to exercise.

The classes are structured and incorporates a cardio/strength based warm up followed by floor basics which includes rolls, handstands, cartwheels, etc. This is followed with circuit based drill/skill progressions such as somersaults, handsprings and roundoffs. The level is dictated by you – the participant.

Lessons are conducted safely by GYMNSW accredited Coaches. Our ratio is 1:12 in a class. Our experienced coaches cater for everyone, from a person wanting to try handstands for the first time to an ex-gymnast working on a full twist. During the class you will be able to use the floor and air-floor, giant pit, 10 air track as well as bars, rope and beams.



Currently classes are held on Wednesday from 7 – 8 pm. Fees are charged over an 8 week Term. All participants must pay an Annual Registration fee of \$65.00

You can attend a trial class to see if you like it before you commit to a Term. Session costs \$25.00 for the hour.

**ANNUAL** Gymnastics NSW registration fees.

EGA is affiliated with Gymnastics Australia to ensure best practices are maintained. Given this affiliation, it is a mandatory requirement of Gymnastics Australia that any person participating in gymnastics classes be registered and must have paid the associated fee prior to participation. The annual fee is due regardless of what month the enrolment was processed the year prior. This fee covers you for accident/injury insurance. All claims must be notified to Sportscover within 120 days of the accident occurring. You must have notified EGA staff and completed an incident report form at the time of incident.

Any further queries, please contact us at [gymnastics@ega.academy](mailto:gymnastics@ega.academy)

## EGA CASUAL CLASS INFORMATION & BOOKING FORM

Casual class /Trial lesson is to see whether you like gymnastics before you make a commitment for the Term. It does not form part of the term lesson. Casual class is an additional payment from the term fees and it does not guarantee your spot in the class. Full registration and payment will secure your child's spot in the class.

### **What to wear?**

Please make sure you wear comfortable clothing. No loose clothing, watches, or any jewellery except sleeper earrings

If you wish to enrol, you need to log onto our website and enrol online.

[https://www.thinksmartsoftware-au.com/ocr/schedule\\_view.php?c=582E3C21E0403&p\\_id=1&t=gymnasticsbiz&set=yes](https://www.thinksmartsoftware-au.com/ocr/schedule_view.php?c=582E3C21E0403&p_id=1&t=gymnasticsbiz&set=yes)

Please read our **Terms & Conditions** before enrolling as there is no refund for change of mind.

**\*\*Casual Class Booking form is attached** - Any further questions, please do not hesitate to contact us at [admin@ega.academy](mailto:admin@ega.academy)

## EGA CASUAL/TRIAL CLASS BOOKING FORM

**Participant Name:** ..... **Date of Birth:** .....

Female / Male

Email Address: .....

### Next of kin details/Emergency Contact and Medical Details

Name: ..... Phone: .....

Relationship: .....

Medical History, Injuries or health problems of participant (e.g. broken arms, torn ligaments ) we should be aware of? (eg asthma, allergy, diabetes

etc):.....

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Medication/Treatment:.....

**Participant Waiver:** You acknowledge that gymnastics is a dangerous sport and carries inherent risks. EGA shall not be liable for any personal injury, damage to property, loss or liability suffered by any participant in relation to the enrolment or participation in any EGA class due to any cause whatsoever unless caused by the proven negligence or wilful misconduct of EGA.

I hereby consent to participating in club activities. I hereby authorise the First aid officer / team manager, or designated representative of EGA to seek medical intervention (including treatment, emergency transport, hospitalization, an anaesthesia, and medication) in the event of any accident, mishap or illness during my participation in gymnastics throughout the year. I understand that these services will be sought at my expense and as deemed necessary and / or appropriate by the coaching team of EGA

**Social Media:** Can we use photos of your in club promotions (eg in reception, newsletters, website etc)? Y / N

**\*\*Fees Policy** -please read EGA Term & Conditions carefully before enrolling in a class as no refunds.

### Casual class cost: (please circle selected class)

**Trial class cost for 1 hour: \$25.00**

**Payment:** \$ \_\_\_\_\_ (cash) Please place correct amount in envelope clearly marked with your name

**Note:** You will need to register and pay within 2 days of casual lesson in order to secure spot. We do not hold spots

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Name: ..... Signed: .....

Date: .....

#### Office use:

**Followup:** Recommended Class: \_\_\_\_\_ **Enrolled :** Yes No (pls circle) **Date:**

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Entered on data base: Y N