

# Teen Gym Enrolment

Teen Gym is a structured exercise program designed to provide children 10-16 years, an introduction to the gym in a fun and supportive environment. Students will learn the correct technique for body-weight exercises, light machine and free-weights, and cardio exercises.

The fully supervised program is run each school term on the following days:

**Monday 4.30pm – 5.15pm**

**Thursday 4.30pm – 5.15pm**

Please note you are only required to fill this form out once a year, unless your child's medical conditions change.



<b>Student Name</b>	
<b>Address</b>	
<b>Date of Birth</b>	
<b>Parent Name</b>	
<b>Parent Contact No.</b>	
<b>Email Address</b>	

## Please Select:

- Once off trial attendance \$12.20
- 10 Visit passes valid for 6 months \$102
- 20 Visit passes valid for 12 months \$164
- Fitness Passport

## PRE-EXERCISE QUESTIONNAIRE

Have you had, do you have, or have you suffered from any of the following?	NO	YES	If Yes, please give details of condition, medication.
Rheumatic fever, dizziness or fainting?			
Have you been hospitalised recently?			
Any heart condition?			
Any pain or injuries to the neck, back, knees or ankles?			
Palpitations or pains in the chest?			
Are you taking any medication?			
Arthritis, Asthma, Cramps or Muscular Pain?			
Gout, Stroke, Diabetes, Epilepsy, Hernia or Glandular Fever?			
Please detail your child's exercise history – frequency/duration/time.			

**If YES to any of the above, please tick box to acknowledge that your child's condition has been cleared by your doctor.**

1. I acknowledge that during all times my child is on the premises which is organised, approved or endorsed by Five Dock Leisure Centre, as an activity for me to take part in, I will not hold Five Dock Leisure Centre liable for any personal injury or loss of property which may arise from the negligence of Five Dock Leisure Centre, its servants, agents, independent contractors, voluntary workers, other users of the facility or participants in the activities or spectators, or other parties providing service through or in the facilities of Five Dock Leisure Centre.
2. I warrant that my child is physically fit and able to engage in exercise and gym programs. I also agree that my child will abide by Five Dock Leisure Centre's Users Code of Conduct at all times whilst on the premises of Five Dock Leisure Centre.
3. I hereby declare that the details provided above are true and correct to the best of my knowledge and agree to immediately inform you of any changes therein. I am aware that I may be held liable for incorrect information.

**I give permission for my child to leave the Five Dock Leisure Centre unaccompanied at the end of the class.**

Parent signature: \_\_\_\_\_

Date: \_\_\_\_\_