

# Teen Gym/Teen Lift 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.

**Teen Lift** is a specialised strength training program designed for **14-17 year-olds**. Participants will learn correct weightlifting techniques with barbells & free weights, building confidence and improving overall fitness in a safe, controlled environment.

These fully supervised programs are run each school term on the following days:

**Concord Oval Recreation Centre:** Teen Gym Monday 4:30pm-5:15pm & Teen Gym Thursday 4:30pm-5:15pm

**Rhodes Recreation Centre:** Teen Gym Monday 4:30pm-5:15pm & Teen Lift Friday 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>Participant Name</b>	
<b>Address</b>	
<b>Date of Birth</b>	
<b>Parent Name</b>	
<b>Parent Mobile</b>	
<b>Email Address</b>	

Please Select:

- Trial Class (One Time Use) \$14.00
- 10 Visit passes valid for 6 months \$120.00
- 20 Visit passes valid for 12 months \$205.00
- 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 and medication.
Rheumatic fever, dizziness, or fainting?			
Have you been hospitalised recently?			
Any heart conditions?			
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?			
<b>Please detail your child's exercise history – frequency/duration/time.</b>			

**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 Canada Bay Recreation Centres, as an activity for my child to take part in, I will not hold Canada Bay Recreation Centres liable for any personal injury or loss of property which may arise from the negligence of Canada Bay Recreation Centres, 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 Canada Bay Recreation Centres.
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 always abide by Canada Bay Recreation Centres Users Code of Conduct whilst on the premises of Canada Bay Recreation Centres.
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 Canada Bay Recreation Centres unaccompanied at the end of the class.**

**Parent signature: \_\_\_\_\_ Date: \_\_\_\_\_**