



To Participant and Family,

Thank you for choosing to try Introduction to Gymnastics Spring session, May 3-June 28, 2019! We are excited and proud to offer a 8-week program at the Grand Forks Curling Rink, next to the public pool! We have looked long and hard for the right building and we have been granted an opportunity at this ideal location during the Curlings off-season.

Flippin Fun Gymnastics Club is a Non-profit and incorporated Club, that was formed in February 2018. We are a group of dedicated people who want to bring Gymnastics and its benefits, to Grand Forks. The purpose of our club is to promote and encourage participation in gymnastics as a means to improve health and fitness for all participants. We believe movement is an important key to a physically healthy body and mind! Healthy people make up healthy communities and we strive to see Grand Forks and surrounding area reach maximum potential!

We have two dedicated paid gymnastics coaches, Amanda Sjoden and Alyssa Stark! Both come with their Gymnastics Coaching Certifications, many years' experience both as participants themselves and coaches, Basic First Aid, and criminal record checks. Behind the coaches is also a dedicated volunteer team to support with the details of this club, as there are many! We strive to offer a Gymnastics Program that is fun and safe while adhering to industry standards.

Please see our Facebook page, Flippin Fun Gymnastics for updates, along with our website, where you can also locate our registration form. Please fill in the on-line form and drop off your cheque to the Grand Forks Rec Office (building located across from the pool entrance, up the stairs) by April 18, 2019.

Payment is required to secure a spot.

Space is limited so don't hesitate to register early! If class enrolment is low, we will be unable to run a program and your cheque will NOT be cashed. If classes are full, you will be put on our wait list.

Please make your cheque payable to: Flippin Fun Gymnastics

Please stay updated on Facebook as to the status of your class! We are currently working on a website. Once classes start there are NO REFUNDS!

Please familiarize yourself with our website, including our Mission Statement, Sportsmanship Conduct, and FAQ.

Thank you very much for your support!

You will receive an email class confirmation and we look forward to a sensational introduction to Gymnastics Spring Session.

Sincerely,

Flippin Fun Gymnastics Club Organizing Team!

grandforksgymnastics@gmail.com



Flippin' Fun Gymnastics – Registration Form

For Office Use Only	
Paid:	_____
Date:	_____
Initials:	_____

Child's Name: _____
 Birth date: _____ Age: (as of May 1, 2019) _____
 Sex: M F
 Address: _____
 City: _____
 Postal Code: _____

Guardian 1 Name _____
 Address _____
 City, Postal _____
 Best Phone _____
 E-mail _____

Guardian 2 Name _____
 Address _____
 City, Postal _____
 Best Phone _____
 E-mail _____

Spring Session - May 3rd - June 28, 2019

Friday May 17th no classes for school aged participants / Parent & Tot still running

Age as of MAY 1, 2019

Friday, Parent & Tot (18m-36m co-ed) 9-9:45am
Coach: Alyssa Stark
Cost: \$100 **Max:** 6 students

Mon, Wed (5-6yrs co-ed) 5-6pm
Coach: Alyssa Stark
Cost: \$220 **Max:** 6 students

Friday, Parent & Tot (3-4yrs co-ed) 10 -10:45am
Coach: Alyssa Stark
Cost: \$100 **Max:** 6 students

Mon, Wed (7-8yrs co-ed) 6-7pm
Coach: Alyssa Stark
Cost: \$220 **Max:** 6 students

Friday, Boys (7-11yrs) 11-12pm
Coach: Alyssa Stark
Cost: \$120 **Max:** 6 students

Mon, Wed (13-16yrs co-ed) 7-8pm
Coach: Alyssa Stark
Cost: \$220 **Max:** 6 students

Mon, Wed 5-6:30pm, Fri 9-10:30am
Age: 9-10yrs co-ed **Coach:** Amanda Sjoden
Cost: \$480 **Max:** 6 students

Mon, Wed 6:30-8pm, Fri 10:30-12
Age: (11-12yrs co-ed) **Coach:** Amanda Sjoden
Cost: \$480 **Max:** 6 students

Past Injuries: _____
Allergies/Special Needs: _____
Doctor Name & Number: _____
Emergency Contact & Number: _____

I do NOT consent for Use of Likeness and Information. (publications or website)
 I do NOT wish to be on the Flippin Fun mailing list. (newsletters and programs)

→I HAVE READ THE ADULT AND MINOR RELEASE AND INDEMNITY STATEMENT ON PAGE 2 AND
 AGREE WITH THE TERMS AS STATED BY MY SIGNATURE BELOW:

Guardian Signature: _____ **Date:** _____

Cheques payable to Flippin' Fun Gymnastics (cheques shredded if classes are cancelled due to low enrolment)
Location: Curling Club Rink, 7230 21st Street, Grand Forks BC **Email:** grandforksgymnastics@gmail.com

ADULT and MINOR/COMPANION RELEASE AND INDEMNITY
PLEASE READ CAREFULLY

RE: Use of Premises and Equipment of "Flippin Fun Gymnastics."

TO: "Flippin Fun Gymnastics.", operating as "Flippin Fun Gymnastics" and its directors, officers, employees, representatives, officials, landlord and agents (collectively referred to in this document as the "Agents")

I have read the guidelines and rules issued for the use of "Flippin Fun Gymnastics" premises and equipment, which I understand, and I agree to be bound by them. In consideration of your acceptance of my being permitted to use the premises and equipment and/or any activity associated therewith, I agree to RELEASE, SAVE HARMLESS AND INDEMNIFY "Flippin Fun Gymnastics" and/or its agents from and against all claims, actions, costs and expenses and demands in respect to death, injury, loss or damage to my person or property wheresoever's and howsoever caused, arising out of, or in connection with my use of the premises and equipment notwithstanding that the same may have been contributed to or occasioned by any act or failure to act, including, without limitation, negligence, of "Flippin Fun Gymnastics" and or anyone or more of its agents. I further agree and acknowledge that:

1. The rules and guidelines governing the use of the premises and equipment are solely for that purpose and it remains my sole responsibility to act and govern myself in such a manner as to be responsible for my own safety;
2. I am aware of the risks inherent in participating in gymnastics activities and the use of gymnastics premises, facilities and equipment and I assume the risks and waive notice of all conditions, dangers or otherwise relating to or arising out of such use.
3. Where applicable and if so required or participating in, I am aware of the risks inherent in helping my child with gymnastics activities and the use of gymnastics premises, facilities and equipment and I assume the risks and waive notice of all conditions, dangers or otherwise relating to or arising out of such use. I am aware that I am not participating in any gymnastics activity but rather helping my child with his/her gymnastics activity.

I further agree to HOLD HARMLESS AND INDEMNIFY "Flippin Fun Gymnastics" and its agents from any and all actions, claims, demands, losses, judgements or costs of any nature to any third party resulting from my use of the premises and equipment herein and I agree not to make any claims or take any proceedings against any other person, society, corporation or other legal entity who might claim contribution or indemnity from "Flippin Fun Gymnastics" and/or its agents in respect of matters which are the subject of this Release.

I agree that this Release shall bind my heirs, executors, administrators and assigns. I confirm that I am the full age of eighteen years and I have read this Release and understand it.

General Gym Rules

- Do Gymnastics Safely
- Ask you coach's permission before getting on equipment
- Ask your coach's permission before attempting new skills
- Be cautious and aware of your surroundings when moving in gym
- If you leave the class, you must tell your coach
- Do not enter the gym area without a certified coach also in the gym area.
- Wear comfy, stretchy clothing. No loose clothing. Hair tied back.
- Be alert and safety conscious of your surroundings
- Watch where you are going at all times
- Walk *don't* run
- DEVICE FREE ROOM
- Watch for obstacles or uneven surfaces while walking to each apparatus
- respect others' performances - no distractions
- Parents & spectators must stay in their designated area
- No filming/audio recordings or pictures
- zero tolerance for bullying-type behaviour
- follow equipment and safety procedures