

NORTH HARBOUR GYMNASTICS CENTRE (INC)

Mail Address

Box 100-356
North Shore Mail Centre
AUCKLAND

E-mail: info@nhgym.co.nz

Web site: www.nhgym.co.nz



Gymnasium

NORTH HARBOUR GYMNASTICS
CENTRE
Silverfield, Glenfield
Ph. +64 9 443-2570
Fax. +64 9 443-2795

Dear Parents/ Caregivers,

We are pleased to be able to offer a **gymnastics holiday program** for the January school holidays. Our program will include a mixture of artistic gymnastics, rhythmic gymnastics, acrobatics, fun games, trips to the movies and bowling alley (or possibly to the swimming pool). There are different activities planned for each day to keep the children interested.



Holiday Program

Week 1: 16th to 19th January 2012

Week 2: 23rd to 26th January 2012

9am – 3pm Monday to Thursday



Week 1

- Monday** - Gymnastics classes with crafts in the afternoon (Please wear an old T-shirt for crafts)
- Tuesday** - Gymnastics classes and games day
- Wednesday** - Trip to the Cinema with popcorn, gymnastics class to follow
(We will make our own popcorn to take to the movies)
- Thursday** - Gymnastics classes with art in the afternoon (Please wear an old T-shirt for art)

Week 2

- Monday** - Gymnastics classes with art in the afternoon (Please wear an old T-shirt for art)
- Tuesday** - Gymnastics classes and games day
- Wednesday** - Ten-pin bowling (or possibly swimming), gymnastics classes in the afternoon
- Thursday** - Gymnastics classes with crafts in the afternoon (Please wear an old T-shirt for crafts)

Children will need to bring their own lunch and morning tea. Fitted clothing should be worn while in the gym, bare feet, no jewelry and hair tied up. Depending on the activity please ensure they wear appropriate clothing and have comfortable closed walking shoes as well as warm wet weather gear for outings just in case the weather changes. On trip days children will be under adult supervision at all times with a ratio of 5:1 children to adults. Please note we will use public buses to transport the children to the movies and bowling.

Cost:

\$36 per day excluding cost for activities

Cost for activities:

Week 1

Wed 18th – Movies \$14

Week 2

Wed 25th – Ten-pin bowling (or possibly swimming) \$14

Please note we reserve the right to amend the program or cancel outings if there are insufficient numbers or unfavorable weather conditions.

If you have any questions or need more information please see Caitriona in the office or call 09 443 2570.

Holiday Program Enrolment Form

Medical Information and Treatment Consent

The following information and consent is requested to ensure the health and well-being of all children. The information contained is confidential and will only be used to safe guard and promote the gymnasts health and well-being should the need arise.

Childs Name: _____ Age & Date of Birth: _____

Parents Names and Contact Details: _____

Second Emergency Contact: _____

Please tick if your child suffers from any of the following:

Migraine	<input type="checkbox"/>	Epilepsy	<input type="checkbox"/>	Chronic nose bleeds	<input type="checkbox"/>
Travel Sickness	<input type="checkbox"/>	Fits of any type	<input type="checkbox"/>	Dizzy Spells	<input type="checkbox"/>
Asthma	<input type="checkbox"/>	Diabetes	<input type="checkbox"/>		

Other pre-existing illness or medical condition (please specify)

Is your son/daughter currently taking any medication? Yes No

If yes please specify: _____

Please tick if your son/daughter is allergic to any of the following:

Prescription Medicine	<input type="checkbox"/>	Food	<input type="checkbox"/>	Insect bites/stings	<input type="checkbox"/>
Plants	<input type="checkbox"/>	Other allergies	<input type="checkbox"/>		

Give details of allergy: _____

What treatment is required? _____

All supervisors while out of the gym will be 18 years + and first aid certified. The groups will have a minimum ratio of 1:5 while on excursion.

Please note that while we take every precaution to ensure your child's safety both inside and outside North Harbour Gymnastics Club will not be held liable for any loss of, damage to or injury to any persons or property while your child is in our care. By signing this form you agree to the terms above:

(Parent/ Guardian Signature): _____

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Please circle the following options for enrolment in the holiday program:

Weeks: Week 1 Week 2 Both weeks

Days on Week 1

Monday 16 th	Tuesday 17 th	Wednesday 18 th	Thursday 19 th	All Week
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Days on Week 2

Monday 23 rd	Tuesday 24 th	Wednesday 25 th	Thursday 26 th	All Week
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