

# GYMNASTICS



**REGISTRATION PERIOD:** For Session #1: Now through September 4<sup>th</sup>. **Please register early to avoid your class/time being full.**

**REGISTRATION FORM AND FEES:** Complete and detach the registration form below and return with appropriate registration fee or register online and receive a discount. Internet registration can be found at [www.wahoo civiccenter.com](http://www.wahoo civiccenter.com).

**PROGRAM FORMAT:** All classes will be held on Saturday mornings for six weeks. Classes will be held in the fitness room at the Civic Center. First session classes will be held September 18<sup>th</sup>, 25<sup>th</sup>, and October 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, and 23<sup>rd</sup>. Please mark start date and class time on your calendar.

**PARENT/TOT** (*ages 2-3 only*): Class is 30 minutes long. Class time is 9am – 9:30am.

**TUMBLE BUGS** (*must be 4 or older*): Class is 30 minutes long. Class times are 9:30am – 10am or 11:30am – 12pm.

**FLYING FOXES:** Class is 45 minutes long. Class times are 10am – 10:45am or 10:45am – 11:30am.

**Note: If you are unsure about which class may be appropriate for your child, contact Bob Schmidt at the Civic Center...contact info on back.**

(See reverse side for additional information.)



## REGISTRATION FORM – 2010 GYMNASTICS (Session #1)

Participant's Name \_\_\_\_\_ Address \_\_\_\_\_ City/Zip \_\_\_\_\_  
 Date of Birth \_\_\_\_\_ Age Today \_\_\_\_\_ Grade in School \_\_\_\_\_  
 Male: \_\_\_\_\_ Female: \_\_\_\_\_ Home Phone \_\_\_\_\_ Parent's Work Phone \_\_\_\_\_  
 Parent's/Guardian's Name \_\_\_\_\_ Email address \_\_\_\_\_

In order to take advantage of the member rate, you must have a current Civic Center membership.

### Register online and save!

**Please indicate the class for which you are registering by circling the appropriate box.**

Return registration form to the Civic Center.  
 If mailing, send to:  
 Wahoo Parks and Recreation Department  
 Attn: Gymnastics Registration  
 310 N. Linden St.  
 Wahoo, NE 68066

CLASS	MEMBER	NON-MEMBER
Parent/Tot 9:00am-9:30am	\$25	\$40
Tumble Bugs 9:30am-10am	\$25	\$40
Tumble Bugs 11:30am-12:00pm	\$25	\$40
Flying Foxes 10am-10:45am	\$30	\$45
Flying Foxes 10:45am-11:30am	\$30	\$45

### PERMISSION TO PARTICIPATE and INDEMNIFICATION AGREEMENT

I have read the aforementioned information concerning the Wahoo Parks and Recreation youth instructional program named herein and agree to its rules and format and give my child permission to participate in such a program.

Realizing that my child is participating for fun, recreation, and personal betterment, I hereby for myself and for my child, our heirs, personal representatives and assigns, waive and release any and all claim for injuries or damages of any kind of nature which either I or my child may have against the City of Wahoo, any instructor or assistant thereto, or anyone who organizes or causes this program to operate, their agents, representatives and assigns as a result of any class session or any participating in said instructional program and indemnify the City of Wahoo, and all parties named herein against such claim or damages arising from such claims. We hereby agree that instructors and their assistants shall not be liable for the injury or death of my child as a participant in said Wahoo Parks and Recreation program which results from the negligence of any of the above listed individuals. I understand that the City of Wahoo assumes no legal or financial responsibility in case of accident or injury and I assume full responsibility for my child's medical expenses and waive all rights or causes of action, which my child or I may have against the City of Wahoo and each of the persons named herein.

Parent's/Guardian's Signature \_\_\_\_\_ Date \_\_\_\_\_

FOR OFFICE USE ONLY					
Date Pd. _____	Cash <input type="checkbox"/>	Check <input type="checkbox"/>	Chk. # _____	Credit Card <input type="checkbox"/>	Amount Pd. _____
					Staff Member _____

## CLASS DESCRIPTIONS:

**PARENT/TOT:** This class is an introduction to gymnastics and movement for our youngest students and requires active adult/parent participation. Focus is on gross motor development and basic gymnastics movements.

**TUMBLE BUGS:** Students will perform exercises to improve flexibility and strength like touching their toes, straddle stretches and sit-ups. Skills learned will include jumps and turns, knee scales, V-seat, forward and backward rolls and hand stands.

**FLYING FOXES:** Skills learned will include scales, jumps and turns, forward and backward rolls, handstands, cartwheels, round offs, handstand arch-overs, and handstand roll-downs.

**EQUIPMENT:** Bars, beams and vaults will be used in the classes. We also have parallel bars, uneven bars, and rings.

**WHAT TO WEAR:** Children should wear T-shirts or stretch tops and stretch shorts, leggings, or sweat pants. Shirts should be tucked in. Girls may wear leotards. Long hair should be tied back in a ponytail or in braids. Everyone should be barefoot in class.

**MISCELLANEOUS:** Participants and their parents/guardians should be aware that there is a risk of injury during participation in Wahoo Parks and Recreation youth tumbling due to the inherent nature of the activities. Individuals participate in youth tumbling at their own risk.

**GENERAL INFORMATION:** We encourage parents to stay for the first and last class of each session. All other classes will be closed sessions. Also, siblings/friends are not allowed in the fitness studio area during classes.

**QUESTIONS:** Contact Bob Schmidt at 443-4174 during normal business hours. To register online or find out more about Wahoo Parks and Recreation programs and events, visit our web site at [www.wahoociviccenter.com](http://www.wahoociviccenter.com).