



PINETOWN GYMNASTICS CLUB

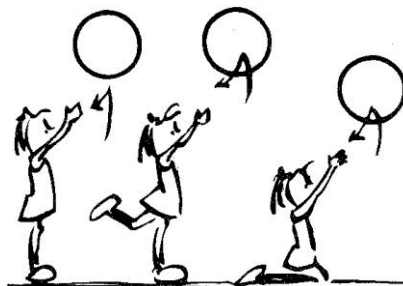
Outreach / Schools' Extra Mural Program

☎ : 031 702 9756
📄 : 086 510 5799
✉ : admin@ptngym.co.za
💻 : www.ptngym.co.za
📮 : P O Box 1615, Pinetown, 3600

GYMNASTICS is one of the most fundamental & exciting of all physical activities. Basic gymnastics skills develop attributes that are perfect stepping stones for other sports and activities.

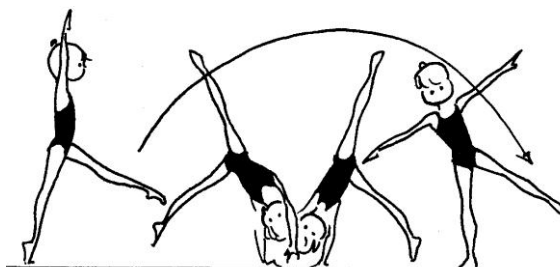
Pinetown Gym is **affiliated** to the KZN Gym Union, which provides programs & coaches training from the National Federation.

Our coaches are qualified, licensed and available to teach gymnastics at your school.



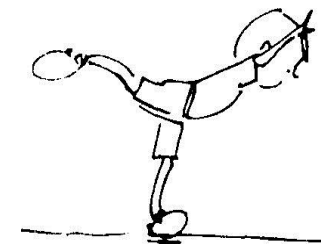
WHAT DOES OUR PROGRAM OFFER ??

- Learning basic gymnastics skills
- Improved Coordination
- Improved Strength & Agility
- Flexibility
- Self Confidence
- Improved Posture
- Working within a group
- Fun & Games



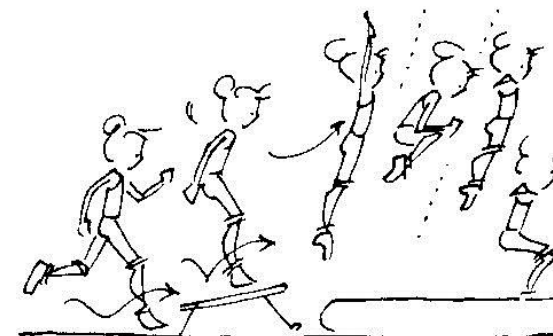
EXAMPLES OF GYMNASTICS SKILLS

- Rolls
- Headstands
- Handstands
- Cartwheels
- Jumping
- Balancing



USING a variety of :

- Balls, Hoops, Ropes, Cones, Tiles
- Games, Mini Trampolines & Mats



Our sessions may also be beneficial as a complement to Occupational Therapy, as the children feel encouraged to join in due to the exciting presentation. This will help to improve their body strength & coordination whilst having loads of fun!

All of our sessions are presented in a fun, safe and stimulating manner.

REPLY SLIP & INDEMNITY

School Name : _____

Child's Full Name : _____

Date of Birth : _____ Boy (_) / Girl (_)

Does your child have any medical conditions, allergies or disabilities which we should be aware of ??

Contact no : _____

Cellphone : _____

Email : _____

Although we take every possible precaution to prevent accidents or injuries, parents / guardians are requested to sign the waiver :

I, _____ in my capacity as parent / guardian, have read & agree to the terms & conditions. I also hereby waiver all rights to any claim from the coaches or Pinetown Gymnastics Club, in respect of any injury, accident or illness.

Signature : _____

Date : _____

TERMS AND CONDITIONS

REGISTRATION

To register your child, please fill out the attached indemnity & registration section of this brochure and remit to your school. Please give 1 term's written notice if you wish to cancel your child's membership & participation

FEES

Weekly sessions at your child's school cost R457.89 per term, billed in advance. 5% discount is given, if your account is settled within the first month of billing (i.e. Fees = **R435.00**). Fees may also be paid in monthly instalments but discount will not be given in this way.

PAYMENTS

Payments should preferably be made by internet transfer into the account listed below. Cash or cheque (remitted in an envelope clearly marked with your child's name & school) can be handed to school or coach.

BANKING DETAILS

Account Name : Pinetown Gymnastics
Bank : FNB
Account Number : 513 8151 6886
Branch Name : Crompton St, Pinetown
Branch code : 221 626

Please remember to use your CHILD'S full name as reference .

DURATION OF CLASSES : Classes are 30 minutes long, held once per week. There will be no gymnastics sessions held on public holidays or other school holidays – these sessions have already been factored into the annual fees and thus no refund will be given.

If our coaching team is unable to coach at your school for some reason, they will contact the school & arrange to make up the lesson as far as possible.

DISCIPLINE : Our coaches reserve the right to sit your child out of a session or duration thereof, if they feel he/she was acting in a dangerous or disruptive manner. He/She will be asked to sit aside, but still be under the supervision of the coaches.

CLOTHING : The children should wear the school PE Kit or suitable clothing for physical exercise. (No dresses or baggy clothing please) Pinetown Gymnastics will supply all other equipment which is needed.

