

# CHILDREN'S GYMNASTICS

This gymnastics programme is designed to teach children of age 2 and above the fundamentals and techniques through a step-by-step progression. Potential gymnasts are encouraged to participate in inter-school and other open competitions. Every year, students will be tested according to the British Amateur Gymnastics Association (B.A.G.A.) Test. Certificate and badges will be awarded to those who can fulfill the test requirements.

## Gym Fun (for ages 2 to 3 with parent)

Children can enhance self-confidence; establish sense of self-respect as well as the physical ability, intelligence and socialism through different gymnastics activities.

## Beginner Class (for ages 3 to 5) & Intermediate Class (for ages 6 and 7 or children recommended by coaches)

Emphasis is placed upon form, flexibility, strength and basic floor exercise, such as forward and backward rolls, basic jumps, and balancing and landing skills.

## Advanced Class (for ages 8 and above or children recommended by coaches)

This promotes the power and technique in cartwheels, the combination of all single movements, forward handstands, round-offs, dive rolls and the combination of all single movements.

**Company Portfolio:** Our Head Coach, Ms May Kwong (Director of Sportscene Limited), is a member of the Hong Kong Gymnastics Representative Squad and the 1987 World Gymnastics Championship etc. She and all our coaches are dedicated to helping children exercise and develop a lifelong habit of keeping physically fit.

### Participation Agreement

I, the undersigned, hereby represent and certify that I am the parent or legal guardian of \_\_\_\_\_, who is now \_\_\_\_\_ years of age and who is in good health and has no special problems associated with his/her care. I execute this Release for my child, myself and my heirs, successors, representatives and assigns. I give my permission for my child to participate in the Activity. I certify that I have read this Release and fully understand that I am not relying on any statements or representations of any party released hereby. I understand that all of the terms and conditions contained therein also apply to my child's participation in this Activity. I further understand that I must be present during the entire time of my child's participation in the Activity.

Signature of Parent or Legal Guardian of Participant:

Date: \_\_\_\_\_

### Group Lesson (Venue: 6/F Activities Studio)

Course Title	Age	Day	Time	Session Fee
Gym Fun (Accompanied by 1 Adult)	2 – 3 years old	<input type="checkbox"/> Tuesday	3.00 – 3.45pm	Member \$180 Guest \$250
		<input type="checkbox"/> Sunday	9 – 9.45am	
Beginner Class	3 – 5 years old	<input type="checkbox"/> Tuesday	3.45 – 4.30pm	Member \$175 Guest \$245
		<input type="checkbox"/> Saturday	9.15 – 10am	
Intermediate Class	6 – 7 years old	<input type="checkbox"/> Sunday	10 – 10.45am	Member \$185 Guest \$260
		<input type="checkbox"/> Tuesday	4.30 – 5.30pm	
		<input type="checkbox"/> Saturday	10.15 – 11.15am	
Advanced Class	8yrs and above or recommended by coaches	<input type="checkbox"/> Sunday	10.45 – 11.45am	Member \$195 Guest \$270
		<input type="checkbox"/> Tuesday	5.30 – 6.45pm	
		<input type="checkbox"/> Saturday	11.15am – 12.30pm	

### Private Lesson

Private / Semi-private	Duration / Session	Fee Per Person (Inclusive of studio fee)	
		Member	Guest
<input type="checkbox"/> Private	1 hour	\$750	\$845
<input type="checkbox"/> Semi-Private	1 hour	\$480	\$575

(Please ✓ where appropriate)

All rates are subject to change without notice

# ACTIVITIES APPLICATION FORM

## One application form per participant

Please complete this application form in BLOCK LETTERS and return to the Sports and Recreation Activities Office at least 7 days before the lesson starts. Application is subject to confirmation via return call, email or fax.

### Participant's Information

Participant's Name : \_\_\_\_\_ [ member / guest ]  
First Name Middle Name Last Name

Date of Birth (For child lesson only) : \_\_\_\_\_ Age: \_\_\_\_\_ Gender: M / F  
Date Month Year

Parent's / Guardian's Name : \_\_\_\_\_  
Mr / Ms / Mrs First Name Middle Name Last Name

Contact Tel. : \_\_\_\_\_ [H] \_\_\_\_\_ [O]

Mobile No. : \_\_\_\_\_ Fax : \_\_\_\_\_

Email Address : \_\_\_\_\_

Preferred Date of 1<sup>st</sup> Lesson : \_\_\_\_\_

### Member's Information

Member's Name : \_\_\_\_\_ M'ship No. : \_\_\_\_\_  
First Name Middle Name Last Name

**By signing on this application form, I hereby confirm my consent to the Club for using of the images taken during the event which may include the participant for the Club's display and promotional purposes, including on all printed materials, online and digital media.**

I do not consent to any of my images being used in any printed or digital material.

**Submission of this application confirms the acceptance of all the conditions stated at the back of this form:**

#### FOR OFFICE USE ONLY :

Received by : \_\_\_\_\_  
 Received date : \_\_\_\_\_  
 Date of 1<sup>st</sup> lesson : \_\_\_\_\_  
 Confirmed by : \_\_\_\_\_  
 Confirmed date : \_\_\_\_\_

Member's Signature : \_\_\_\_\_  
 Date : \_\_\_\_\_

**Enquiry :** Tel.: 2814 1222 Fax: 3020 7499 Email: reservations@aberdeenmarinaclub.com