

# GYMNASTICS



**REGISTRATION:** Now until classes have reached capacity. Register early as these classes fill quickly!

**REGISTRATION FORM AND FEES:** Complete and detach the registration form below and return with appropriate registration fee or register online at [www.wahooparksandrec.com](http://www.wahooparksandrec.com).

**PROGRAM FORMAT:** Each class meets once per week for 30 minutes on Thursdays. Session #3 will be held for five weeks on the following dates: 1/11, 1/18, 1/25, 2/1, and 2/8. Classes will be held in the gymnastics area in the fitness room at the Civic Center. Note class times below.

**TUMBLE BUGS (ages 4 & 5):** Students will perform exercises to improve flexibility and strength. Students will be introduced to a variety of gymnastics apparatus.

**FLYING FOXES (ages 6 & up):** Students will perform exercises to improve flexibility and strength. Students will be introduced to a variety of gymnastics apparatus. Those who are advanced enough to proceed with more advanced skills on apparatuses will be able to do so.

**UPCOMING GYMNASTICS SESSIONS:** To receive advance notice for upcoming classes please contact the front desk and asked to be added to the gymnastics waiting list.

(See reverse side for additional information.)



## REGISTRATION FORM – 2023 GYMNASTICS (Session #3)

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, the participant must have a current Civic Center membership.

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

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
Flying Foxes (4:30pm-5pm)	\$35	\$55
Tumble Bugs (5pm-5:30pm)	\$35	\$55
Flying Foxes (5:30pm-6pm)	\$35	\$55
Tumble Bugs (6pm-6:30pm)	\$35	\$55

### 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  Check  Chk. # \_\_\_\_\_ Credit Card  Amount Pd. \_\_\_\_\_ Staff Member \_\_\_\_\_

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

CLASS VIEWING: **Due to space limitations in the gymnastics area and in order to maintain a conducive learning environment without distractions, all class sessions are closed to parents.** Thank you for your cooperation. Please walk your child to the gymnastics area no earlier than a few minutes prior to the scheduled start and stay with your child until the class starts. Please be considerate of other Civic Center patrons using the fitness room equipment.

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

INCLEMENT WEATHER: Please call our Activities Hotline at (402) 443-4500, 30 minutes prior to your child's class to confirm it is being held. The hotline will be updated 30 minute prior IF your child's class is cancelled.

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.wahooparksandrec.com](http://www.wahooparksandrec.com).