

teen fitness

november mid term camp



Mardyke Arena

UNIVERSITY COLLEGE CORK

Camp Dates: Tuesday 30th October - Friday 2nd November 2018 (4 days)

Camp Time: 09:30 - 11:00

Programme includes the following:

- All participants will be shown how to use all cardiovascular equipment and weight machines, safely and effectively.
- Participants will sample a variety of age specific classes and activities including Circuit Gym-Light Weight Training, Indoor Track- Speed Testing, Boot Camp, Spinning, Pilates, Flexibility, Swimming and many more.....
- Recovery sessions in hydrotherapy pool.

All classes are supervised by qualified and professional staff.

Course Cost Member €25 Non Member €30

programme
aimed at
teenagers aged
12 - 16 years

Parent Information

What to Bring

- Participants are required to wear suitable training attire for each session e.g Tracksuit and comfortable footwear.
- Participants are requested to bring a towel and water with them every day.
- Participants will receive a sample of activities on the first day of the programme. This schedule will outline day by day the activities the participant will partake in. On certain days participants will be required swimming gear. Staff will remind participants of this in advance.
- We advise all participants to eat a healthy breakfast prior to Mardyke Arena UCC activities. Participants may bring energy snacks or drinks with them to consume after intense activities.

Drop off and collection

- Classes will start promptly at 09:30. All participants should be pre-registered as we cannot guarantee availability on the first morning of the course.
- The course co-ordinator will meet and greet parents and participants in the reception area between 09:00 - 09:30. The course co-ordinator will be happy to answer any parental queries during this time.
- Parents are requested to sign out participants at the 11:00 finish time. Participants will meet parents at reception where they will sign out with the co-ordinator.
- Parents must provide written consent for any participant who wishes to leave the premises on his/her own.
- The co-ordinator should receive written notification if a participant request to leave activities early.

Staff

- All staff working on the programme are Garda vetted and participated in the Irish Sports Council Code of Ethics course.
- All staff are fully qualified and understand the ethos of the programme.
- Course instructors may vary from session to session depending on the planned activity



teen fitness programme

Course Application Form

Please complete using
BLOCK capitals

Participant Name

Date of Birth

Age

Parent / Guardian Name:

Address:

Contact Number: Home: Mobile:

Contact Name and Number in case of Emergency:

Please tick appropriate box:

Member €25

Non Member: €30

I give / I do not give my consent for the above to leave the premises after each mornings session.

Signed Parent / Guardian

Terms and Conditions:

Management reserves the right to cancel and / to alter course time. Where possible as much notice will be provided and all efforts will be made to arrange alternative time.

A minimum of 8 participants are required to run a course. In the event of small number the course will not go ahead and a full refund will be issued to all participants.

Please note parents are entitled to a full refund if they cancel within 7 days of bookings. Parents are entitled to a 50% if they cancel 2 weeks or more before the start day. Parents are entitled to a refund if a participant cannot attend a full course due to medical reasons and upon receipt of a medical cert. Refunds will only be issued on the ground stated above. It is the responsibility of the parent or course participants to inform the course instructor of any injuries and /or health conditions which may limit his / her participation in the programme.



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