



Antrim Recreation Department
**Tumbling Class with
 Alison Wozmak**
 Sunday afternoons at the
 Antrim Town Gym
 4:30-6:00pm on Sundays
 Ages 6 and up. \$30 per session
 4 week sessions
 New Session Oct. 9, 16, 23 and 30.
 Coaching on tumbling, core strength and floor work.

Skills taught: Forward and Backward Rolls, Cartwheels, handsprings, round offs,+
 Fitness, Balance, primary tumbling skills, form, core strength, safety.
 Participants should wear hair tied back, and gym clothes (t-shirt or leotard, sweatpants,
 or similar type clothes)

Participants Name: _____
 Age/Grade: _____
 Parents Name(s): _____
 Mailing Address: _____
 Phone: _____
 Work Phone: _____
 2nd Parent Contact Info: _____
 Email address: _____

Parental Consent: We understand that the program we are registering for requires the participant to be in adequate physical conditions, attentive, and properly attired. All sports/ activities are potentially dangerous and may result in personal injury to the participant. You are hereby acknowledging that you are registering your child and accept the risks inherent in the sport. Additionally, you understand that any injuries or illness sustained by your child will be your responsibility to pay for and that there is no medical insurance granted to your player/child when they register for our program. You understand and give permission for us to seek appropriate medical care and transport in the case of injury or sudden illness.

Signature of parent/ legal guardian: _____ **Date:** _____
 Child's regular physician: _____ **Phone:** _____
 Emergency Contact (if we can't reach you): _____
 Information we should know about your child (medical, allergies, social...): _____
 (USE BACK FOR MORE SPACE)

This is a program of the Antrim Parks & Recreation Department. This is not a ConVal program.

Pre-registration is required. To register return this form with payment /checks should be made payable to the Town of Antrim.
 Mail to: Antrim Parks & Recreation Department/ Tumbling Class, PO BOX 517 Antrim, NH 03440 or bring to the first class