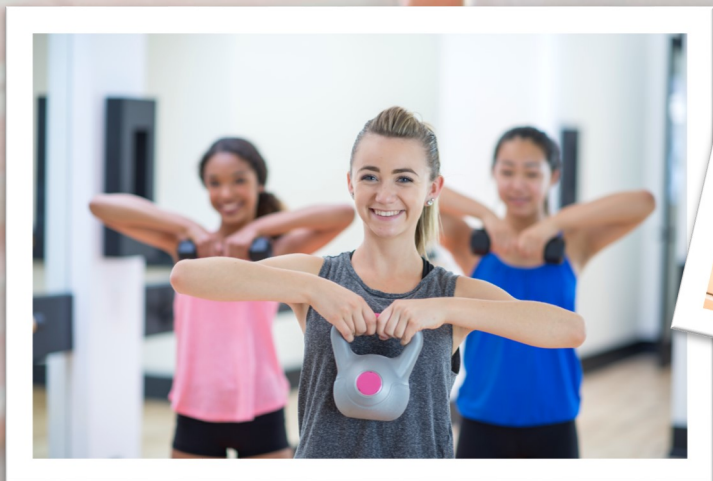


# the Y | Caringbah

SCHOOL PE PROGRAMS



**the Y | Caringbah**

5 Jacaranda Road, Caringbah

9524 1800 | [ymcansw.org.au/caringbah](http://ymcansw.org.au/caringbah)

*We believe in the power of inspired young people*





**School PE Booking Form | the Y Caringbah**

School Name:		
Date:	School contact:	Contact number:
Email:	Fax:	Comments:

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**Category: Primary school****Term/s required:**      1      2      3      4**Location:**                      the Y Caringbah\*      or      School grounds^

(\*only available at the Y Caringbah, ^only available at the school grounds)

**Activities offered (subject to availability)**

- **Gymnastics**
- **Group Fitness:** Spin\*, Boxing, Cross Training, Yoga & Pilates.
- **Gym Floor (Y Staff supervised)\*** Weights Training, Cardio Training & Circuit Training.
- **School Sports:** Athletics, Oztag, Touch Football, Soccer, Basketball^ and European Handball
- **Gross motor skill development**

**Sessions offered between 7am – 5pm Monday to Friday (Subject to availability)**

Minimum engagement is 60 minutes (first hour), and 15 minutes thereafter

- Please fill in one line per activity and indicate the preferred day/time that suits
- All days and times are subject to availability
- Day and time requested will be confirmed by Y staff via email
- Amendments to bookings need to be made via email to the School PE Coordinator
- Ratio of 1 Y staff members for every 15 students for ALL activities

First date (Inclusive)	Last date (Inclusive)	Day	Time	Activity	Year Level	No. in group

Agreed Price per student:	Agreed Price per instructor/qty booked:
School Representative name:	
School Representative signature:	
Y Caringbah Representative name:	
Y Caringbah Representative signature:	
Date:	

**The Y Caringbah**

P 5 Jacaranda Road, Caringbah NSW 2229

T 02 9524 1800

E [Mitchell.Currie@ymcansw.org.au](mailto:Mitchell.Currie@ymcansw.org.au) W [ymcansw.org.au/caringbah](http://ymcansw.org.au/caringbah)

**Overview of our program**

Vision is to provide a fun, safe and quality session for all participants with a focus on inclusion, skill development and team work.

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@ymcansw

**We commit to:**

- Provide appropriately qualified staff including first aid and CPR
- Maintain industry standard ratios
- Provide staff who have completed a National Criminal History Check
- Provide staff who have completed a Working with Children Check
- Provide a fun and inclusive environment
- Adhere to all the Y NSW Policies and procedures

**We require you to commit to:**

- Provide 1 teacher per session who will actively supervise for the duration of the session
- Provide 24 hours' notice to the Y Caringbah for any changes to session details
- Advise Y Caringbah Staff of all medical conditions suffered by participants of the session
- Advise Y Caringbah Staff of all behavioural conditions suffered by participants of the session
- Understand that late arrival will mean a reduced session time
- Inform all students who are using the group fitness and gym floor area that a towel is required for all sessions

**Inclement weather:**

- In the event of inclement weather prior to your booking, the Y Caringbah will endeavour to provide as much notice as possible for cancellations (with no fees incurred)
- Refunds will not be provided if termination occurs after the session has begun.

**Cancellation Policy:**

- For all cancellations within 24 hours of session, full fee (instructor and participant fees) will be charged.
- For all cancellations within 7 days (but more than 24 hours' notice given), Instructor fee will be charged.
- To make a cancellation, please email the Health & Fitness Coordinator.

**External Duties:**

- School to provide the Y Caringbah staff with relevant training and induction, including but not limited to evacuations procedures.
- School to provide first aid facilities.

**Misconduct:**

- School to report all misconduct to the Y Caringbah Health & Fitness coordinator within 48 hours of incident.
- Y Caringbah to report all misconduct to school contact within 48 hours of incident. If damage to Y equipment occurs during the misconduct, the school is responsible for full payment to replace or repair the equipment.

Teachers Signature:
Y Caringbah Staff Signature:

**The Y Caringbah**

P 5 Jacaranda Road, Caringbah NSW 2229

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