

Youth Tumbling & Dance Registration

Registration Begins: August 5



Where active lifestyles take shape

300 Jefferson Street
Waterloo, IA 50701
319.291.0165

Health and wellness should be for EVERYONE! Our bodies are meant to move, and that's what these programs are designed to do! Each class will be designed to help kids improve their basic motor skills, balance, self-confidence, and have fun while learning basic gymnastic/dance skills.

Program Dates: Tuesday/Thursday (6 classes each session)

Session 1: October 1 - October 17

Session 2: November 5 – November 21

Session 3: December 3 – December 19



Parent + Child Tumbling: Ages 2-4 years old (capped at 15 kids)

Meets 4:30-5:15pm on T & TH

This class gives young kids the opportunity to adjust to the classroom environment. Kids will practice basic motor skills and basic tumbling exercises. All while the parents/guardians get to be the superheroes and spot them as they roll, walk across small beams, cart-wheel, wheel barrel, etc. Parents/guardians will remember this class forever!

Each child will have the opportunity to bring two parents/guardians to participate with them each night. Due to the size of the room, parents/guardians that aren't on the ground participating will be asked to stay outside the room during class.

Member Rate: \$40

Non-Member Rate: \$45

Tumbling: Ages 4-6 years old (capped at 30 kids)

Meets 5:30-6:15pm on T & TH

Our tumbling class is designed to introduce kids with little or no experience to the sport of gymnastics. Each class focuses on improving kids' motor skills, coordination, strength, flexibility, and social skills. Each night, kids will get a chance to practice basic floor exercises as well as learn skills on the balance beams, wedges, cylinders, and other basic tumbling equipment.

Due to the size of the room, parents/guardians will be asked to stay outside the room during class.

Member Rate: \$40

Non-Member Rate: \$45

Dance & Hula Hoop: Ages 8-14 year old (capped at 15 kids)

Meets 6:30-7:15pm on T & TH

This class is perfect for kids interested in improving their basic motor skills, coordination, and confidence. Each night, kids will practice new moves as well as improve the moves that they've already learned in weeks prior. This is a great opportunity for kids with little to no experience to get introduced to both dance and Hula Hooping. Tuesdays nights will be dance and Thursday nights will be Hula Hoop. (Hula hoops will be provided).

Due to the size of the room, parents will be asked to stay outside the room during class.

Member Rate: \$40

Non-Member Rate: \$45

Registration:

Online Registration is also available at
<https://cvsportsplex.org/athletics/sports-conditioning> or

Parent's/Guardian's Name Email

Address City Zip

Phone: Home Cell

CVSP is committed to inclusion. Does your child require any modifications to help him/her be successful?

Participant's Name (Last, First)	M/F	Birth Date	Current Age	Program	Fee
					\$
					\$
					\$

VISA MasterCard Discover Card # : _____ Exp. Date: _____ CW: _____

IMPORTANT INFORMATION: The City of Waterloo, Waterloo Leisure Services and the Cedar Valley SportsPlex are committed to conducting its recreation programs and activities in the safest manner possible and holds the safety of the participants in the highest possible regard. Participants and parents/guardians registering their child/ward in recreation programs must recognize however, that there is an inherent risk of injury when choosing to participate in recreation activities. *The risk to have contact with individuals, who have been exposed to and/or have been diagnosed with one or more communicable diseases, including but not limited to COVID-19 or other medical conditions, diseases, or maladies does exist, and it is impossible to eliminate the risk that participants could be exposed to and/or become infected through contact with or close proximity with an individual with a communicable disease.* The Waterloo Leisure Services & Cedar Valley SportsPlex continually strive to reduce risks and insists that all participants follow safety rules and instructions that are designed to protect participants' safety. **WARNING OF RISK:** Recreation activities are intended to challenge and engage the physical mental and emotional resources of each participant. Despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of serious injury when participating in any recreational activity/program. Understandably, not all hazards and dangers can be foreseen. Depending on the particular activity, participants must understand that certain risks, dangers and injuries due to inclement weather, slip-ping, falling, poor skill level or conditioning, carelessness, horseplay, unsportsmanlike conduct, premises defects, inadequate or defective equipment, inadequate supervision, instruction or officiating, and all other circumstances inherent to indoor and outdoor recreation activities/programs exist. In this regard, it must be recognized that it is impossible for Waterloo Leisure Services and the Cedar Valley SportsPlex to guarantee absolute safety. **WAVIER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK:** Please read this form carefully and be aware that in signing up and participating in the identified program(s), you will be expressly assuming the risk and legal liability, waiving and releasing any and all claims for injuries, damages or loss which you or your minor child/ward might sustain arising out of or as a result of the activities of this program (including transportation services/vehicle operation, when provided). As a participant in the program, I recognize and acknowledge that there are certain risks of physical injury and I voluntarily agree to assume the full risk of any injuries, including death, damages or loss regardless of severity which my minor child/ward or I may sustain as a result of said participation. I further agree to waive and relinquish all claims my minor child/ward or I may have (or accrue to me or my child/ward) as a result of participating in the program against Waterloo Leisure Services and Cedar Valley SportsPlex, including officers, officials, agents, volunteers, independent contractors, instructors, servants and employees. I further agree to indemnify and hold harmless and defend Waterloo Leisure Services and Cedar Valley SportsPlex staff to secure from any licensed hospital, physician, and/or medical personnel any treatment deemed necessary for my minor child's/ward's immediate care and I agree that I will be responsible for payment of any and all medical services rendered. **PHOTO POLICY:** The Waterloo Leisure Services and Cedar Valley SportsPlex may video tape or take photographs of participants enrolled in Waterloo Leisure Services and Cedar Valley SportsPlex activities, classes, or programs or may take photographs of people in the City of Waterloo parks. These photographs and/or video tapes are for use in future program magazines, brochures, promotional literature, websites, or for use on cable television. **REFUND POLICY:** Refunds are issued in full if a class is full or cancelled by the Sports Department. Refunds for personal reasons must be submitted in writing. Approved refunds prior to the start date will be assessed a \$5 administration fee. Refunds may not be issued after the first week. Refunds approved after the first meeting will be charged a \$10 administrative fee. The Waterloo Leisure Services Department reserves the right to deny a request for a refund. If your request has been denied, you will be contacted by a staff member from the Leisure Services Department. All refunds will be mailed within three weeks. **If registering online, via phone or email, my facsimile signature shall substitute for and have the same legal effect as an original form signature. I have read and full understand the above important information, warning of risk, waiver and release of all claims and assumption of risk, permission to secure treatment and photo/video authorization.**

X _____
Signature of Parent, Guardian or Participant (Under 18) Date

X _____
Print Name of Parent, Guardian or Participant (Under 18) Date

FOR OFFICE USE ONLY Amount _____
--