

Kingfisher Leisure Centre

SSL Active Juniors

Generation KJ™

Tuesdays | 16:00 – 17:00 | with Simon King | Ages 8 - 15

KANGOO JUMPS™ are classes designed specifically for juniors, using Kangoo boots combined with fun and games to create exercise they won't even know they are doing! Check out www.kangoojumps.com to see more.



Active Club

Thursdays | 17:00 – 19:00 | with Michael Todd | Ages 8 - 15

This 2 hour session provides an hour of different types of fitness related activities, followed by a swimming session led by an instructor with an emphasis on further exercise.

Karate

Wednesdays | 18:30 – 19:30 | with Vaughan Whybrow | Ages 5+
Fridays | 18:30 – 19:30 | with Vaughan Whybrow | Ages 5+
Saturdays | 09:00 – 10:30 | with Vaughan Whybrow | Ages 5+

A chance to learn one of the oldest forms of martial arts. This a fun way to exercise whilst having a great time as well! With 3 sessions available a week, you could be black belt in no time.



All classes are **FREE** to Members,
£3.85 each or £38.50 for a course of 12!

For great junior membership offers, which includes swimming, gym and classes*, call a Customer Advisor on 01787 375656 ext 218. For full terms & conditions, please see the leaflet 'Group Fitness'

*Restrictions apply

REGISTRATION FORM

Child's Information

Surname _____ Forename _____

Date of Birth _____ Male Female School Year Group _____

Address _____

Postcode _____

Tel No _____ Mobile _____

E-mail _____

Parent / Guardian Information

Full Name _____

Relationship to Child _____ Tel No _____

Full Name _____

Relationship to Child _____ Tel No _____

Doctor or Surgery _____ Tel No _____

Does the child have any relevant medical history, disability or allergy? Yes No

If 'Yes', please specify: _____

Does the child take regular medication or need any special care? Yes No

If 'Yes', please specify: _____

Booking Details

ACTIVITY TITLE (i.e. Active Club)	DAY(S)	TIME	COST	OFFICE USE

Payment Method: Cash: Cheque*: Card:(see below)

Please debit my credit / debit card for _____ £ (minimum £4.50)

Card Number _____ Expiry Date _____

Valid From _____ Issue No _____ Security Code _____

Card Holder's Signature _____ Date _____

*Please make cheques payable to 'South Suffolk Leisure' and support with a Cheque Guarantee Card

Voluntary Information (Data Collection):

How much sport / fitness activity does the child take part in?
Please tick the regular days when he / she did 1 hour or more of sport or fitness activity:

Mon Tues Weds Thurs Fri Sat Sun

OFFICE USE ONLY	
Amount Taken	
Booked on ClubRunner?	Y <input type="checkbox"/> N <input type="checkbox"/>
Administrator Initials	

Which sport(s) / activity(ies) did he/she do? _____

- I give consent for my child / the child in my care to receive urgent medical treatment if necessary
- I give consent for my child / the child in my care to sign in and out of the class IF they are over 8 years
- I have read all relevant material relating to the class (found within the Group Fitness Programme)
- I do not want my child to be photographed (for publicity purposes)
- I do not want to be included on SSL's mailing list, or to receive information on new or similar children's activities
- I agree it is my responsibility to keep SSL updated with any change of details required on this form

I hereby consent to my son / daughter / child in my care to participate in the above activity

Signature _____ Print Name _____ Date _____