SSC FITNESS CLUB 2014
(TERM 4 – YEARS 3 - 12)
INFORMATION & REGISTRATION

Registrations - Open 1 October 2014 & Close 25 October 2014

Aerobics/Fitness Classes are held one afternoon a week and students can sign up on a per term basis. These classes are designed to develop students’ fitness in a fun and non-competitive environment. They will focus on the development of cardio respiratory fitness, strength and flexibility through group activities and exercises.

These classes will suit any student whose goal is to improve their fitness and well-being and is also a great accompaniment to other sports.

CLASS TIMES AND VENUE:

<table>
<thead>
<tr>
<th>CLASSES</th>
<th>DAY AND TIME</th>
<th>VENUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Years 3 – 6</td>
<td>Fridays 3.30pm – 4.15pm</td>
<td>DM Undercroft and Oval</td>
</tr>
<tr>
<td>Aerobics Club</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Years 7 – 12</td>
<td>Tuesdays 3.30pm – 4.15pm</td>
<td>SSC Fitness Room</td>
</tr>
<tr>
<td>Aerobics Club</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

The first classes in Term 4 will be held on Friday 10 October (Y3-6) and Tuesday 14 October (Y7-12).

On the odd occasion training may need to be moved to a different venue. Any changes of this nature will be advertised as soon as possible.

FEES: A NON-REFUNDABLE fee of $80.00, to be paid at the time of registration.

WHAT TO BRING / WHAT TO WEAR: It is expected that students are punctual, dressed in school sports attire and have appropriate safety equipment for all training sessions. Please bring a towel to lie on and a water bottle. Students must get changed at the end of the school day. All fitness classes are closed to Parents and spectators.

ATTENDANCE: An attendance roll is taken at every Aerobics session; however student absences are not followed up by the Sports Staff. Parents are welcome to contact Mr. Nam Pham if they have a query regarding their child’s attendance at Aerobics Club.

Students in Years 3 – 6:
For training all Del Monte children are to get changed in the toilets located next to OOSH. They are then to meet their coach in the undercroft area.

Students in Year 6 need to get changed at MDP and make their own way to the training venue.

Students in Yrs 3 – 6 should be collected from training by the scheduled finishing time. In the event that a parent/guardian is unavoidably detained, thus unable to collect their child within 10 minutes of the end of the scheduled training time, their child will be escorted to OOSH Centre on the Del Monte Campus from where they can be collected. If your child is taken to OOSH after training, fees will be charged at the standard rate per visit.
Students in Years 7 – 12: Senior students are to get changed and make their own way to the training venue.

COMMUNICATION: Our main form of communication with students and their parents is email. Information will also be provided via the team coaches, Veritas Voice, Internal On-Line Learning & Administration Portal, sports notice board and student messages. Please ensure you regularly attend to these to ensure you are well informed regarding the Fitness Club in 2014. The Veritas Voice and morning messages are also published online.

CONTACT DETAILS: To facilitate the smooth running of the school sports program, the safe participation of students and in some cases the registration of teams or individuals, contact information including, but not restricted to, the mobile numbers, email addresses and residential address (residential addresses are used for registration purposes ONLY if required by an Association) for students and their parents/guardian as well as students’ DOB may be provided to Sports Associations, coaches, managers, staff, parents and students. The information on record at the College is the default information used by the Sports Department. If you wish alternate details to be used for Sport please email these details to the Sports Staff member named at the end of this Contract.

REGISTRATION INFORMATION: Please read this carefully BEFORE you begin.
To register your child for this activity please click the link below and complete the online registration process, which includes payment for this activity. Once registration is complete an automated confirmation email will be sent to the email address provided for the PARTICIPANT at the start of the registration process. When registering please ensure that the participant email address is the email address to which you wish the confirmation to be sent. If you do not receive a confirmation email to the participant email address your registration is not confirmed. For optimal browser performance please use google chrome.


To register your child [CLICK HERE].

If you would like any more information please do not hesitate to contact me.

Mr Nam Pham
SSC Sports Department
Phone: 9745 0223
Email: n.pham@ssc.nsw.edu.au