



General Permission Form

Youth Yoga and Wellness Class

Blackwater

Central Highlands Regional Council is providing free *Youth Yoga and Wellness* classes for High School aged girls in Blackwater. The classes are run by qualified fitness and Yoga instructor Gini Tangira.

The class will include a 15-minute mental wellness exercise delivered by a council staff member, 40 minutes of low intensity Yoga and a 5-minute mindful recap. Participants will need to register for their space online at chpresents.eventbrite.com. Registration is easy and free.

The class will also be followed by light afternoon tea and refreshments. During participation parents/caregivers are welcome to stay.

It is recommended that participants wear comfortable clothing during the class as well as bring with them a clean pair of socks to change in to before the class begins.

This permission form is to be brought with participants on the day of the class listed below.

Details (please tick session dates your attending):

Free Yoga Class

Thursday 13 August

Thursday 27 August

Thursday 10 September

Blackwater Civic Centre, Blain Street

3:30pm to 4:30pm (4:45pm with afternoon tea)

Bring clean socks and comfortable clothing

For further details can be discussed by phoning 1300 242 686.

Participant Details:

First Name: _____

Last Name: _____

Parent / Legal Guardian:

First Name: _____

Last Name: _____

Relationship: _____

Home Address: _____

Contact Number: _____

Alternative Contact number: _____

Dietary Requirements: _____

Medical Conditions: _____

Allergies: _____

Other information: _____

I am the parent/legal guardian of the participant listed above. I have provided all relevant information relating to my child's involvement in planned activities and aware that these activities will include instructions and directions to be given from a qualified fitness provider. I am also aware that while my child is participating, they will be in the care of designated staff and volunteers from Central Highlands Regional Council and will act in my child's best interests.

I do do not allow photos of my child to be taken during planned activities for promotional purposes

Consent:

Parent/Legal Guardian Signature: _____

Date: _____ / _____ / _____