



Yay!!! We're going to
GymNation Gymnastics
& Trampoline!



Calling all
schools, daycares,
church groups,
organized groups,
play groups or
any other group!

Group rates and times:

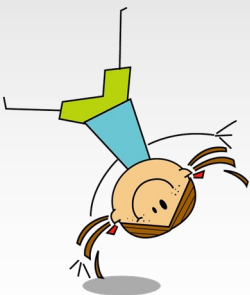
1 hour fee: \$10 per child

1 hour at the gym from 9am - 10am / 10:15am - 11:15am
(Call to book your time)

1.5 hour fee: \$15 per child

1.5 hours of gymnastics including 15 minutes of active games
9am - 10:30am / 10:45 - 12:15pm

We can also customize your time and stay.



**CALL TODAY TO BOOK YOUR GROUP!!
905-883-5102**

For more detailed information, please visit our website at



GymNation Gymnastics and Trampoline Field Trip Permission Form

One permission Form per family - All child listed must be siblings

_____	_____	_____
Child's Last Name	Child's First Name	Age
_____	_____	_____
Child's Last Name	Child's First Name	Age
_____	_____	_____
Child's Last Name	Child's First Name	Age
_____	_____	_____
Child's Last Name	Child's First Name	Age

The above children have my permission to attend a field trip at GymNation Gymnastics and Trampoline. I understand that my child will be participating in activities that include basic gymnastics skills, trampolining, walking on a beam, uneven bar basics and tumbling basics, rope climbing, rings and more. I am aware and appreciate the risks, including the risk of injury that could potentially occur when performing gymnastics related events and activities. Having been informed of the activities taking place, I am fully aware of the risks and benefits associated with the activities and grant my child permission to participate at GymNation Gymnastics and Trampoline.

Dress code

For your child(ren)'s safety and comfort all participants must adhere to the following dress code: Children will need to wear soft and comfortable clothing that is not loose or flowing but snug to the body. Children will be going upside down and zippers and buttons can cause snagging or damage to equipment. Hair must be tied back if long, socks are required for the trampoline but not for other activities. Only stud earring can be worn, otherwise no jewelry including fitbits. Each child will need to bring a water bottle. (Only water is permitted in the gym)

Name of Parent _____ (Please print clearly)

Phone: _____ Cell: _____

Alternative Parent or guardian (Mandatory) _____

Phone or cell: _____ Relation to child _____

Parent signature _____ Date: _____

Are there any medical conditions or anything we need to know about your child to ensure the best possible experience? (Please print clearly)