

2018 Newcastle Permanent Get Active

Registration Form

1. GET ACTIVE

Get Active is an initiative of the Armidale Regional Sports Council, aimed at getting the New England involved in any form of sport and/or activity through 'come and try' opportunities. The Armidale Regional Sports Council believes this is important so everyone can learn the benefits of being physically active everyday.

When completing the form please fill in as much information as possible.

2. PARTICIPANT INFORMATION

Name

Male Female

Street Address

Town

State

Postcode

Date of Birth

Telephone (Home)

Mobile

Email Address

Shirt Size

Age

Medicare Number

Emergency Contact Name and Number

Do you have any medical condition that may affect your participation in the program :Yes No

If yes please give details:

3. OPTIONAL INFORMATION

To help us serve the community it would be appreciated if you could answer the following questions:

Are you from a culturally diverse background? :Yes No

Are you of Aboriginal or Torres Strait Islander Descent: :Yes No

How did you find out about this program?

What activities would you be interested in participating in next year?

4. ACTIVITIES (PLEASE TICK WHICH ACTIVITIES AND DATES YOU WILL BE ATTENDING)

For more information about activities visit www.armidalerregional.nsw.gov.au/community/sport-and-recreation/get-active-armidale

Come & Try: Junior Rugby Union	Dates		
Location: Rologas Sports Field, Taylor Street Armidale Ages: 6-12 years What to bring: Water bottle & mouthguard (this is compulsory) What to Wear: Suitable exercise clothes and shoes / boots and a hat Cost: Free Contact: Steph 0439 751 309 or Simon 0407 398 526	Wednesday, 14 March	3.45pm-5pm	<input type="checkbox"/>
Come & Try: Group Fitness – Sisbock Fitness	Dates		
Location: Guyra Community Hall, Guyra Showground Ages: 22+ years What to bring: Water bottle, towel & mat (if you have one) What to Wear: Suitable exercise clothes and shoes Cost: Free Contact: Jess 0412 859 049 Limited Positions Available Please note that a pre-screening will be required prior to participation, if you have a pre existing injury or illness, you will need to provide a doctors clearance prior to participating.	Monday, 12 March	6am – 6.35am	<input type="checkbox"/>
Come & Try: Physical Culture	Dates		
Location: Armidale City Public School Auditorium, Faulkner Street Armidale Ages: 5-12 years (Girls only) What to bring: Water bottle What to Wear: Suitable exercise clothes, it is recommended that leggings & a singlet top is worn. No shoes are required Cost: Free Contact: Claire 0427 961 904 Location: Uniting Church Hall, 114 Rusden Street Armidale	Monday, 12 March	4pm – 6.15pm	<input type="checkbox"/>
	Wednesday 14 March	4.30pm – 6.15pm	<input type="checkbox"/>
Come & Try: Netball	Dates:		
Location: Netball Court, Lynches Road Armidale Ages: 8-12 years What to bring: Water bottle & hat What to Wear: Suitable exercise clothes and shoes Cost: Free Contact: Sophie 0437 075 771	Wednesday, 7 March	4.00pm-5.00pm	<input type="checkbox"/>

Come & Try: Road Cycling	Dates		
<p>Location: Traffic Education Centre 10 Mann Street, Armidale Ages: All Ages What to bring: Water bottle, Bike helmet and a roadworthy bike. It is strongly recommended that your bikes are checked by your local bike shop mechanic to get the most out of the experience. What to Wear: Suitable exercise clothes and shoes Cost: Free Contact: Chris 0434 001 787</p>	Saturday, 10 March	3pm – 4.00pm	<input type="checkbox"/>
Come & Try: Hollywood Circuit	Dates		
<p>Location: F45 Fitness 3/244 Beardy Street, Armidale Ages: 17 years+ What to bring: Water bottle & towel What to Wear: Suitable exercise clothes and shoes Cost: Free Contact: Connie 0428 136 068</p>	Saturday, 10 March	6.00am – 7.00am	<input type="checkbox"/>
Come & Try: Muay Thai	Dates		
<p>Location: Boss Battle Martial Arts – 3/251-257 Mann Street, Armidale Ages: 17 years+ What to bring: Water bottle & towel What to Wear: Suitable exercise clothes Cost: Free Contact: Travis 0412 826 701</p>	Saturday, 10 March	7.00am – 8.00am	<input type="checkbox"/>
Come & Try: Boxing	Dates		
<p>Location: Boss Battle Martial Arts – 3/251-257 Mann Street, Armidale Ages: 17 years+ What to bring: Water bottle, towel, boxing gloves if you have them What to Wear: Suitable exercise clothes Cost: Free Contact: Travis 0412 826 701</p>	Saturday, 17 March	6.00am – 7.00am	<input type="checkbox"/>
Come & Try: Cub Scouts	Dates		
<p>Location: 214 Taylor Street, Armidale Ages: 10.5 years to 14 years What to bring: Water bottle What to Wear: Comfortable clothing appropriate for the weather Cost: Free Contact: Mark 0447 532 052</p>	Thursday, 8 March	6.30pm – 7.30pm	<input type="checkbox"/>
	Tuesday, 13 March	6.30pm – 7.30pm	<input type="checkbox"/>
	Thursday, 15 March	6.30pm – 7.30pm	<input type="checkbox"/>
	Tuesday, 20 March	6.30pm – 7.30pm	<input type="checkbox"/>
<p>Location: Boss Battle Martial Arts – 3/251-257 Mann Street, Armidale Ages: 17 years+ What to bring: Water bottle, towel, boxing gloves if you have them What to Wear: Suitable exercise clothes Cost: Free Contact: Travis 0412 826 701</p>	Thursday, 8 March	5.30pm – 6.30pm	<input type="checkbox"/>
	Tuesday, 13 March	5.30pm – 6.30pm	<input type="checkbox"/>
	Thursday, 15 March	5.30pm – 6.30pm	<input type="checkbox"/>
	Tuesday, 20 March	5.30pm – 6.30pm	<input type="checkbox"/>
<p>Location: 214 Taylor Street, Armidale Ages: 10.5 years to 14 years What to bring: Water bottle What to Wear: Comfortable clothing appropriate for the weather Cost: Free Contact: Mark 0447 532 052</p>	Tuesday, 13 March	6pm – 7.30pm	<input type="checkbox"/>
	Tuesday, 20 March	6pm – 7.30pm	<input type="checkbox"/>

Come & Try: Scouts	Dates:		
Location: 214 Taylor Street, Armidale Ages: 10.5 years to 14 years What to bring: Water bottle What to Wear: Comfortable clothing appropriate for the weather Cost: Free Contact: Mark 0447 532 052	Wednesday, 7 March	6.30pm – 8.30pm	<input type="checkbox"/>
Come & Try: Bell Ringing	Dates		
Location: St Peter's Cathedral, Dangar Street Armidale Ages: 13 years+ - Please note that participants aged 13-16 years must be accompanied by a parent/guardian What to bring: Water bottle What to Wear: Suitable clothes and shoes (no thongs) Cost: Free Contact: Simon 0403 521 984	Thursday, 15 March	5.30pm-7.30pm	<input type="checkbox"/>
Information Session: Eating Well in 2018	Dates		
Location: Kent House Activities Room, Faulkner Street Armidale Ages: All Ages What to bring: NIL Cost: Free Contact: Jenny 0490 838 217	Thursday, 15 March	6pm – 7.00pm	<input type="checkbox"/>
Come & Try: No Lights No Lycra Armidale	Dates:		
Location: Legacy Hall, 89 Faulkner Street Armidale Ages: All Ages What to bring: Water bottle What to Wear: Suitable clothes and shoes Cost: Free Contact: Tia 0419 264 54	Thursday, 8 March	6.30pm-7.30pm	<input type="checkbox"/>
Come & Try: Zumba Dance Fitness	Dates		
Location: Newling Public School Hall, Chapel Street Armidale Ages: All Ages What to bring: Water bottle, towel What to Wear: Suitable exercise clothes and shoes Cost: Free Contact: Kerri 0438 159 491	Wednesday, 7 March	6.15pm – 7.15pm	<input type="checkbox"/>
	Monday, 12 March	6.15pm – 7.15pm	<input type="checkbox"/>
	Wednesday, 14 March	6.15pm – 7.15pm	<input type="checkbox"/>
	Monday, 19 March	6.15pm – 7.15pm	<input type="checkbox"/>

Come & Try: Mountain Biking		Dates	
Location: Sport UNE, University of New England (meet at the hockey carpark) Ages: All Ages What to bring: Water bottle, Bike helmet (must have a AS/NZS 2063:2008 sticker attached) and a roadworthy mountain bike. It is strongly recommended that your bikes are checked by your local bike shop mechanic to get the most out of the experience. What to Wear: Suitable exercise clothes and shoes Cost: Free Contact: Paul 0411 400 740		Thursday, 8 March	5pm – 6pm <input type="checkbox"/>
		Thursday, 15 March	5pm – 6pm <input type="checkbox"/>
Come & Try: Rowing		Dates	
Location: Malpas Dam, Armidale What to bring: Water bottle, towel, sunscreen and hat Ages: 22 years + What to Wear: Suitable exercise clothes and shoes Cost: Free Contact: Milton 0427 247 045 Please note that need to be able to swim 100 metres unassisted to participate in this session Maximum Participants: 6		Saturday, 17 March	8.30am – 10.30am <input type="checkbox"/>
Come & Try: Australian Dance Enterprises		Dates	
Location: Kent House Activities Room, 141 Faulkner Street Armidale OR Guyra Community Hall, Guyra Showground What to Wear: Suitable exercise clothes and closed in shoes Cost: \$5.00 per session Contact: Collette kcbrazier@gmail.com Please note there is a minimum number of registered participants for this session to run Registrations close 3 days prior to each class	5 years – 12 years (Armidale)	Monday, 12 March	3.45pm – 4.45pm <input type="checkbox"/>
		Monday, 19 March	3.45pm – 4.45pm <input type="checkbox"/>
	13 years – 18 years (Armidale)	Monday, 12 March	5pm – 6pm <input type="checkbox"/>
		Monday, 19 March	5pm – 6pm <input type="checkbox"/>
	3 years – 6 years (Guyra)	Thursday, 8 March	4.15pm – 4.45pm <input type="checkbox"/>
		Thursday, 15 March	4.15pm – 4.45pm <input type="checkbox"/>
	7 years – 12 years (Guyra)	Thursday, 8 March	4.45pm – 5.30pm <input type="checkbox"/>
		Thursday, 15 March	4.45pm – 5.30pm <input type="checkbox"/>
Come & Try: Healthy Inspirations (Female Only)		Dates	
Location: 140 Miller Street, Armidale Ages: 16 years + What to bring: Water bottle, towel	Silver Sneakers Core & Balance (ages 55+)	Monday, 12 March	9.30am-10.30am <input type="checkbox"/>
		Monday, 19 March	9.30am-10.30am <input type="checkbox"/>
	Silver Sneakers HIIT-IT (ages 55+)	Wednesday, 7 March	9.30am – 10.30am <input type="checkbox"/>

<p>What to Wear: Suitable exercise clothes and shoes Cost: Free Contact: Michelle 02 6771 5001</p>		Wednesday, 14 March	9.30am – 10.30am	<input type="checkbox"/>
	HIIT-IT	Wednesday, 7 March	1pm – 1.45pm	<input type="checkbox"/>
		Wednesday, 14 March	1pm – 1.45pm	<input type="checkbox"/>
	Silver Sneakers Healthy –fit (ages 55+)	Thursday, 8 March	9.30am – 10.30am	<input type="checkbox"/>
		Thursday, 15 March	9.30am – 10.30am	<input type="checkbox"/>
	Healthy Pump	Thursday, 8 March	1pm – 1.45pm	<input type="checkbox"/>
		Thursday, 15 March	1pm – 1.45pm	<input type="checkbox"/>
	Silver Sneakers Cardio (ages 55+)	Friday, 9 March	9.30am – 10.30am	<input type="checkbox"/>
		Friday, 16 March	9.30am – 10.30am	<input type="checkbox"/>
	Healthy-fit	Friday, 9 March	1pm – 1.45pm	<input type="checkbox"/>
	Friday, 16 March	1pm – 1.45pm	<input type="checkbox"/>	
Zumba	Saturday, 10 March	9.30am – 10.30am	<input type="checkbox"/>	
	Saturday, 17 March	9.30am – 10.30am	<input type="checkbox"/>	
B-Fit	Monday, 12 March	1pm – 1.45pm	<input type="checkbox"/>	
	Monday, 19 March	1pm – 1.45pm	<input type="checkbox"/>	
Silver Sneakers Classic (ages 55+)	Tuesday, 13 March	9.30am – 10.30am	<input type="checkbox"/>	
	Tuesday, 20 March	9.30am – 10.30am	<input type="checkbox"/>	
Come & Try: PCYC		Dates		
<p>Location: PCYC, Rusden Street Armidale Ages: What to bring: Water bottle and towel What to Wear: Suitable exercise clothes and shoes Cost: Contact: PCYC 6772 1023</p>	Monkeynastics (3 years – 8 years) Cost: \$2.00 per child	Friday, 9 March	4pm – 5pm	<input type="checkbox"/>
		Saturday, 10 March	9am – 10am	<input type="checkbox"/>
	Lunch Box (13 years +) Cost: \$2.00 per session	Monday, 12 March	1pm – 1.30pm	<input type="checkbox"/>
		Wednesday, 14 March	1pm – 1.30pm	<input type="checkbox"/>
	Morning Burn (17 years +) Cost: \$5.00 per session	Monday, 12 March	7am – 8am	<input type="checkbox"/>
		Tuesday, 13 March	7am – 8am	<input type="checkbox"/>
		Wednesday, 14 March	7am – 8am	<input type="checkbox"/>
		Thursday, 15 March	7am – 8am	<input type="checkbox"/>
	Friday, 16 March	7am – 8am	<input type="checkbox"/>	
	Tuesday, 13 March	7am – 8am	<input type="checkbox"/>	
	Tuesday, 13 March	5.30pm – 6.30pm	<input type="checkbox"/>	
	Thursday, 15 March	5.30pm – 6.30pm	<input type="checkbox"/>	
Come & Try: Sport UNE		Dates		
<p>Location: Sport UNE, University of New England Ages: 15 years + What to bring: Water bottle & towel What to Wear: Suitable exercise clothes and shoes Cost: Free Contact: Sport UNE- 02 6773 3856</p>	Body Pump	Wednesday, 7 March	1pm – 2pm	<input type="checkbox"/>
		Wednesday, 14 March	1pm – 2pm	<input type="checkbox"/>
	Mobility Plus (Aged & Rehab)	Thursday, 8 March	9.30am – 10.30am	<input type="checkbox"/>
		Thursday, 15 March	9.30am – 10.30am	<input type="checkbox"/>
	Yoga	Friday, 9 March	8am – 9am	<input type="checkbox"/>
		Friday, 16 March	8am – 9am	<input type="checkbox"/>
	RPM	Saturday, 10 March	8am – 9am	<input type="checkbox"/>
Body Balance	Sunday, 11 March	5pm – 6pm	<input type="checkbox"/>	
Fitness Plus	Monday, 12 March	9.30am – 10.30am	<input type="checkbox"/>	

		Tuesday, 13 March	7am – 8am	<input type="checkbox"/>
	Pilates	Thursday, 15 March	1pm – 2pm	<input type="checkbox"/>

ENSURE RISK WAIVER IS SIGNED

5. RISK WAIVER AND MEDIA CONSENT (MUST BE COMPLETED)

Please tick and sign if you agree to the below statements

a) I wish to attend the activities as noted above. In case of emergency, I authorise the program volunteers where it is impracticable to communicate with me to arrange for myself/my child/my ward to receive such medical or surgical treatment as may be deemed necessary. I also undertake to pay or reimburse costs which may be incurred for medical attention and ambulance transport while me/my child/my ward is enrolled in this program.

I understand that although ARC and its service providers attempt to minimise any risk of personal injury within practical boundaries, accidents do happen and all physical activities carry the risk of personal injury. I acknowledge that this is an inherent risk of physical activities that will be undertaken.

b) I consent / I do not consent to allow Armidale Regional Sports Council to use my name/my child's/ my ward's name and any photographs, sounds and film recordings taken of myself/my child/ my ward at this program for promotion of the Newcastle Permanent Get Active Activities and to initiate to the media and the general public.

Full Name

Signature

Date

6. CANCELLATIONS

Armidale Regional Sports Council reserves the right to cancel any activity or program. Every effort will be made to give reasonable notice to those who have registered in an activity that is cancelled. Posts will also be made on the Get Active facebook page. www.facebook.com/getactivearmidale

7. PRIVACY AND PERSONAL INFORMATION PROTECTION NOTICE (S.10PPIP ACT 1998)

Your information will be sorted and used by Armidale Regional Council, 135 Rusden Street, Armidale 2350

Purpose of collection: Registration in the 2018 Newcastle Permanent Get Active Program

Intended recipients of your information: Armidale Regional Council/Armidale Regional Sports Council

You have the right to access and amend your personal information by contacting the public office of the above address.

8. MORE INFORMATION

Please contact:

Sports Coordinator
 Armidale Regional Council
 Ph: 1300 136 833
 Fax: 02 6772 9275
 Email: sportscouncil@armidale.nsw.gov.au
 Visit www.armidaleregional.nsw.gov.au for full program details.

Return forms to: sportscouncil@armidale.nsw.gov.au or at ARC Reception at 135 Rusden Street or to Newcastle Permanent, 1/111 Dangar St, Armidale

