

General/Medical Information Form

Name: _____

Please state any relevant medical conditions we need to be aware of and any medication taken.

Emergency Contacts:

Please provide contact details of two people we could contact in the event of an emergency

Name _____ Relationship _____

Phone _____ Mobile _____

Name _____ Relationship _____

Phone _____ Mobile _____

Your details are protected by the Data Protection Act 1998 and will be held in the strictest confidence by the Yoga Instructor and Active Schools.

Photography may be used during the sessions for promotion and publicity purposes. Please tick this box if you **DO NOT** wish your child to be photographed.

Name of parent/guardian:

Signed:

Date:

Active Schools

NEWTONHILL SCHOOL



Yoga Bugs

6 WEEK BLOCK

P1-3 Wednesdays 2.45-3.20pm

P4-7 Wednesdays 3.20-3.50pm

Active Schools – Yoga Bugs

YogaBugs classes use the traditional yoga postures, breathing and relaxation techniques. Children are led into exciting adventures and magical places. They will often jump on a magic carpet, surf down a mountain, or fly off in a hot air balloon! They meet mermaids, dinosaurs & astronauts, swim with dolphins, play football with crabs and all their adventures have happy endings – the children are always the hero!!

Yoga postures integrate balance, co-ordination and movement. The class structure is fun and uses a child's natural powers of imagination and creativity.

Venue: Newtonhill School

Time: P1-3 2.45 – 3.20pm
P4-7 3.20 – 3.50pm
Children must be collected on time each day

Dates: 07/11, 21/11, 28/11, 05/12, 12/12, 19/12
Please note there is NO CLASS on the 14/11

Cost: £8 for 6 weeks
(Concessionary rates apply to families on low income, please contact Claire for more details)

Cheques Payable: **Aberdeenshire Council**

Clothing: Loose comfortable kit suitable for physical activity (indoor shoes)

How to Book: Complete the application form and return to the school office by **Fri 2nd Nov**. Places are limited and those who missed out last term will be given priority.



“More Kids, More Active, More Often”

Claire Perras

Active Schools Coordinator

Tel: 01224 782 978 / 07823 536203

Email: Claire.perras@aberdeenshire.gov.uk



healthyliving

Application Form Active Schools – Newtonhill School

Yoga Bugs – Wednesdays
07/11, 14/11, 21/11, 28/11, 05/12, 12/12



Yes! I would like to attend the above Yoga Bug sessions.
Please complete form in BLOCK CAPITALS

Name: _____

Address: _____

Postcode: _____

Telephone: _____

Email: _____

Age: _____

Class: _____

Name of Parent/Guardian: _____

Signature of Parent/Guardian: _____

Date: _____

Please turn over...