



General Inquires: info@rinkcity.com

905.268.0682

Pre-Schooler Programs Offered

Baby Chicks
18 to 24 months

Ducklings
24 to 36 months

Bunnies
3 to 4 year olds
Beginners

Rabbits
3 to 4 year olds
Advanced

Tigers
5 to 6 years olds
Drop-in only

RinkCity is on the leading edge of family physical activity needs. Your changing lifestyle presents challenges for your children as well. It is just as important for pre-schoolers to participate in daily physical activities as it is for elementary school children, maybe more so. Studies show that active children are significantly more attentive, more likely to learn, and are much more socially adjusted. The pre-school years are a vitally important period of mechanical development. Soccer Kidz teaches children how to walk, run, jump, and play properly, to improve their body movement, posture, and flexibility, all in a stimulatingly fun atmosphere. The Mommy-break or Daddy-break is not a bad thing either. It is a chance to rest, relax, collect your thoughts, and organize your day, while our staff tends to your loved ones. Or better still, parents can participate in our Parent & Child program or enroll in a Bootcamp or Yoga fitness program run simultaneously, healthy exercising for both mother and child. Programs of 1 hour duration will be offered Monday to Friday year round, commencing May 2009. Daily and Monthly rates will be offered, including discounts for siblings.

GENERAL PROGRAM DETAILS

Each class is one hour in duration, with approximately 50 minutes of activities, structured in a non-competitive environment. Classes will run each morning, Monday through Friday, at 9:00, 10:00, and 11:00. Children should be dressed in comfortable clothing and wearing running shoes. Jerseys will be provided for each child to wear over top their clothing in colder months, or on their own in the summer. Program costs are \$15 per class or \$180 for a 4-week daily 1-hr class (prices include GST). **NOTE: For mothers with a child enrolled in the Bunnies, Rabbits, or Tigers programs, we have G.I. Jane Bootcamps and RC Yoga fitness classes running simultaneously for only \$5 more.**



Registrations

Four easy ways to register:

- 1) Register on-line at www.soccerkidz.ca
- 2) Register by mail
- 3) Register by fax (credit card only – 1.905.268.0197)
- 4) Register in person at **RinkCity**



PROGRAM LEVELS

- **Baby Chicks (18 to 24 months)** – Parent & child program involves the exploration of proper movement, with simple biometric techniques designed to promote proper stance, posture, and foot placement, utilizing a variety of activities. Some rudimentary ball playing is introduced, with emphasis on individual fun. Children who enrol in continuing programs at this age level will be monitored individually and be given more challenging activities as they progress. Parent participation is a must.
- **Ducklings (24 to 36 months)** - This next level of parent & child program starts with a review of the Baby Chicks fundamentals for first-time Soccer Kidz participants, graduates will build on the movement basics with exercises designed to promote proper balance. Interaction with other children becomes a larger part of this program through the introduction of group organized activities and games. Basic soccer skills are developed to enhance coordination. Children who enroll in continuing programs at this age level will be monitored individually and be given more challenging activities as they progress. Parent participation continues to be a must, however, children are taught to be more and more independent in preparation for their graduation.
- **Bunnies (Beginners: 3 to 4 year olds)** - This child only program will commence with a review of the fundamentals of proper movement and balance before progressing to more advanced footwork and agility. Interaction with others is a central theme at this level through teamwork in the building of foot-eye coordination, using ball handling (dribbling), passing, and shooting.
- **Rabbits (Advanced: 3 to 4 year olds)** - This child only program is designed for graduates of our Bunnies program, or for children already exposed to soccer. The faster paced classes will feature more advanced ball skills, concepts of the game of soccer, and some non-competitive soccer games. The objectives of this program are to improve self-esteem through increased self-confidence, and to improve cooperation through team organized activities.
- **Tigers (5 to 6 year olds)** – This program is offered as a drop-in for school P.D. days and is for one hour in duration. The objective of this program is to provide parents, who have a child already enrolled in Soccer Kidz, or are currently enrolled one of our G.I. Jane Bootcamp or Yoga fitness classes, with an opportunity for their school-aged child to enjoy some fun at Rink City at the same time.

www.soccerkidz.ca

RINKCITY SPORTSPLEX REGISTRATION FORM – SOCCER KIDZ

3636 Hawkestone Rd, Mississauga, ON L5C 2V2
Tel: 905.268.0682 Fax: 905.268.0197 E-mail: info@rinkcity.com

Participant Information:

Baby Chicks
18 to 24 months

Ducklings
24 to 36 months

Bunnies
3 to 4 years old
Beginners

Rabbits
3 to 4 years old
Advanced

Tigers
5 to 6 years old
Drop-in

Name: _____ Birth Date: (D)____ / (M)____ / (Yr)____

2nd child: _____ Birth Date: (D)____ / (M)____ / (Yr)____

3rd child: _____ Birth Date: (D)____ / (M)____ / (Yr)____

Address: _____ City: _____ Postal Code: _____

Parent/Guardian Information:

Parent's Name: _____ Parent's Name: _____

Home #: _____ Home #: _____

Cellular #: _____ Cellular #: _____

Email: _____ Email: _____

Program duration selected:

- 1-hour class drop-in \$15 1-hour daily for 4 weeks \$180 1-hour daily for 6 months \$900
 2nd child 1-hour class \$10 2nd child for 4 weeks \$120 2nd child for 6 months \$600

Program time selected:

- 9:00 am 10:00 am 11:00 am

Program for mothers (only \$5 more per class):

- 9:00 am G.I. Jane Bootcamp 10:00 am Yoga 11:00 am Yoga 1 class \$5 4 weeks \$80 6 months \$400
For special Mothers rate, you must have a child registered in a Soccer Kidz program at the same time.

Received by: _____ Cash Cheque # _____ Payable to: RinkCity Sportsplex Ltd.

Credit Card Visa MC # _____ Exp: _____ App: _____

Waiver:

I have read the attached RinkCity Sportsplex Ltd. Participant Terms & Waiver and agree to be bound by its conditions.

Parent/Guardian Signature: _____

Date: _____

Notes:

RinkCity Sportsplex Ltd. Participant Terms & Waiver:

I hereby acknowledge and agree that in consideration of being able to participate in RinkCity Sportsplex Ltd. (hereinafter referred to as "RCSL") programs organized, operated, or sanctioned at RCSL facilities and for other good and valuable consideration the receipt of which is hereby acknowledged:

1. I do hereby release RCSL, its officers, directors, employees, servants, agents, members, and building owner, from all claims, damages, causes of action or any recourse whatsoever. In respect of all personal injuries, death, or damage to property which may occur while attending or participating in RCSL programs or activities, and do DISCHARGE those parties from any and all such liability.
2. I do hereby acknowledge and agree that RCSL programs and activities are by their nature RISKY and HAZARDOUS and I ACCEPT PERSONAL RESPONSIBILITY for those risks and hazards notwithstanding that any personal injury or loss of property which may occur is due to the negligence of RCSL or any of its officers, directors, employees, servants, agents, members, and building owner.
3. I do hereby acknowledge and agree that notwithstanding the generality of the foregoing I declare that I will not commence litigation or otherwise recover damages or other compensation for personal injury or loss of property against any of the parties named herein based on any claim, damages, causes of action or any recourse whatsoever arising out of games, exhibitions, performances, programs and activities organized, operated, or sanctioned by RCSL as a COMPLETE DEFENSE to any and all claims, damages, causes of action, or recourse or liability which may arise at any time.
4. It is further agreed that this waiver, release and assumption of risk is to be binding on my heirs and assigns. I agree to indemnify and to hold the above parties named herein free and harmless from any loss, liability, damage, cost, or expense which they may incur as the result of my death or any injury or property damage that I may sustain while participating in said RCSL programs or activities.
5. I am fully aware that the Rink City Sportsplex Ltd., carries no medical insurance for any participant and that I am solely responsible for securing my own insurance and that my team is responsible for securing its own insurance.
6. I am aware that there are rules and regulations governing RCSL programs and activities. I know, or have read these rules and understand them. In addition to the rules there also are standards of behaviour called "The Code of Conduct" which I know, or have read. My signature on this agreement, waiver, and release indicates I agree to abide by the rules and Code of Conduct.
I am aware that failure to abide by these rules and code of conduct may result in disciplinary action which could result in my suspension from programs or activities offered by the Rink City Sportsplex Ltd. and possibly by any affiliated provincial, national, or international governing bodies.
7. Participants of RCSL programs or activities that are under the age of 18 years old, require that this RELEASE and WAIVER be read and signed by a legal guardian.

I HAVE CAREFULLY READ THIS AGREEMENT, WAIVER, AND RELEASE AND FULLY UNDERSTAND ITS CONTENTS. I EXPRESSLY ACKNOWLEDGE THAT I HAVE THE OPTION OF NOT PARTICIPATING IN RCSL PROGRAMS AND ACTIVITIES BUT DO SO UPON THE TERMS AND CONDITIONS SET OUT ABOVE. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT BETWEEN MYSELF AND RINK CITY SPORTSPLEX LTD., AND I SIGN IT OF MY FREE WILL.

Parent/Guardian Signature: _____ Date: _____