

Payment

Course name	Start date	Start time	Cost

Payment by cheque or credit card only (cheques made payable to Sportspark at UEA)

N.B. Electron (swipe only) or Amex cards are not accepted

Cardholder

Card number

Start date MM / YY Expiry date MM / YY Issue no
(Switch cards only)

Cardholder signature

Consent by parent or guardian for children up to and including Yr 11

I wish for the named child to be accepted on the above course and I agree to the terms and conditions below. I confirm that any medical condition which may affect their participation on the course has been fully disclosed on the previous page (under medical information).

Health and Safety/Child Protection:

I also give permission for Sportspark to take and use photographs of the named child for future Sportspark publications and publicity, administer first aid if necessary and to transfer my child to hospital should an emergency arise.

Terms and Conditions

- Places are limited
- Refunds are only given on course fees if the course is full and we can find a replacement to cover your space
- Sportspark reserves the right to alter or cancel any session/course if circumstances beyond their control deem it necessary. An alternative or voucher may be offered and Sportspark will endeavour to keep all participants informed as far as humanly possible
- We do not accept responsibility for loss or damage to property
- Children attending the courses should be handed over/collected from staff and not be left unsupervised at the venue

Full Terms and Conditions can be found on our website at www.sportspark.co.uk

Parent / guardian signature

Print name

Date

Sportspark

University Drive, University of East Anglia
Norwich Research Park
Norwich, Norfolk, NR4 7TJ

T 01603 592398

F 01603 593779

www.sportspark.co.uk

SPRING



**Gymnastics centre
for all ages**

www.sportspark.co.uk

SPRING

SPRING is Norfolk's newest Gymnastics Centre and is fully equipped to provide the best facilities for recreational level Gymnastics in the county. Courses, drop in-classes and taster sessions will be on offer throughout the year for everyone from pre-school, children and adults.

Our Gymnastics Centre has foam filled pits, asymmetric bars/high bar, rings, parallel bars, beams, pommel horse, fast track, tumble track, vaulting track, two floor level trampolines with rig, a sprung floor area, wall bars and mirrors. SPRING offers a variety of activities suitable for all age groups, comprising essential gymnastic exercises across a range of disciplines including artistic gymnastics, trampolining and tumbling. Our fun and friendly courses help develop gymnastic skills, balance and strength, under the guidance of our qualified coaches.

The Gymnastics Programme will develop as the centre becomes established and will be updated throughout the year. Please see the enclosed

leaflet for the latest information, including dates and prices of courses and classes. Junior and Adult Members receive discounts and free entry to the Sportspark. Non-Members must pay a 60p guest fee on each visit.

SPRING is a member of British Gymnastics and offers a range of British Gymnastics coaching courses. For more information please telephone the Sportspark Reception on 01603 592398.

SPRING is also the ideal party venue for children who love Gymnastics. For more information on Gymnastics children's parties or for special event bookings, please telephone the Events Office on 01603 593403 or email events.sportspark@uea.ac.uk

For more information about SPRING and the Gymnastics Programme, please email sportspark@uea.ac.uk or telephone the Sportspark Reception on 01603 592398.

Sportspark

SPRING is the latest addition to an enormous range of world-class facilities for children and adults at Sportspark. Our other facilities include Norfolk's tallest indoor climbing wall, a fitness centre, two 25m swimming pools which also operate in 50m mode, several 3G and Astro turf soccer pitches, five glass backed squash courts, floodlit tennis and netball courts, two indoor studios, an athletics track and our two impressive indoor arenas plus conference facilities.

We run a range of dance, pool and fitness classes for adults and there are opportunities for children to take part in sports including basketball, volleyball and martial arts. For more information about the activities on offer at Sportspark, ask Reception for a leaflet or visit our website www.sportspark.co.uk

Sportspark has free parking for customers using the facilities, plus there is free parking for Sportspark customers in the main UEA car park after 4.30pm on weekdays and all weekend.

Refreshments, snacks and hot and cold meals are also available in the Sportscafé for your convenience.

How can I book?

In person: book and pay at Reception

By post: fill in booking form below, detach and post to Sportspark

First name

Surname

Male / Female

Address

Postcode

Tel (Home)

(Please asterisk (*) the number you wish to be used in an emergency.)

Tel (Work)

Mobile

* Parent/guardians if under 16

Email

Sportscard number

Date of birth

Age

* Under 16s, parent/guardians to sign consent on reverse

Medical information

Please state if you/your child suffers from any medical conditions, food allergies, disabilities or anything else that we should be aware of e.g. weak swimmer or preferred friendship group

Doctor's name

Doctor's tel