



Dear "CrossFit Taumata Kids" Parent,

Thank you for choosing Crossfit Taumata as a place for your child to start their journey into health and fitness.

We are excited that you have chosen us to be a part of their journey as we have all had major changes in our lives since starting Crossfit.

This term we are offering 2 times for CFTK classes . Both of these classes will be 45 min .

Session 1: will start at 3.30 and end at 4.15pm. (7-10 years old)

Session 2: will begin at 4.15 and end at 5.00pm. (11-14 years old)

Crossfit Kids is a structured fitness programme and as such has a few rules that we must all agree to so that we can best protect your child and ensure that their journey is a safe and fun filled experience while they are at CFT.

Below are some rules that we must enforce as a CrossFit Community to best protect your child; please:

1. Ensure that you arrive early to classes to avoid any embarrassment to your child.
2. Walk your children inside the building for the start of the class and come inside the building to pick them up.
3. Ensure that you notify the Coach of the arrival of your child.
4. Please make the coach aware of any special needs for your children that may have changed since they enrolled for their individual safety, learning, and growth (i.e., medications, illness, physical/mental limitations, injury, sports, etc.).
5. Ensure your child has a bottle of water, or a bottle that can be filled up at the drinking fountain. Don't forget to put your child's name on it!
6. Unless pre-arranged with the coach, the children are only allowed to go home with the person who drops them off.
7. Until we get to know all of you and your children by name, please sign your child in and out with the coach so we can ensure they are going home with the appropriate person.
8. Payment is term to term, (see Terms of Payment)
9. A waiver, signed by a parent or legal guardian, for each term, is required for each child before he or she is allowed to participate in a class.
10. Ensure your children are wearing clothes appropriate for running, jumping, rolling, pulling, swinging, climbing, crawling, throwing, and being upside down.

11. Children with disciplinary problems during the class: first verbal warning-free of consequence, second verbal warning-sit time out, third verbal warning-go to the parent.
12. Other children not attending the class MUST be supervised at all times , are not allowed to run around outside or inside the Box, or play on any equipment.
13. Unless you have pre arranged for a guardian to stay with your child a parent is required to remain in the Box with your child, as you may be required to assist with counting etc during the workouts, and if needed to assist during emergency situations or disciplinary issues.

Terms of Payment:

1 term = 9 weeks; 2 sessions per week (Thur and Fri)

Fees: \$180 per term (\$160 if paid in full before term starts)

Second child: \$140 (\$120 if paid in full before term starts)

Fee to be deposited into Bank Account:

BNZ 02 0400 0404303 00

(Use your name and the words "Crossfit Kids"as ref)

We are looking forward to getting to know all of you personally and training your children to the utmost of our ability. If you have any questions, comments, problems, or concerns, please don't hesitate to talk to the coaches.

Thank you,
Crossfit Taumata Coaches