



MIND & BODY SERIES Registration form

Part 1: Program Details:

As part of this program, participants get access to the following for FREE;

1. 8-week membership to use one Splash Leisure Centre (Craigieburn) service (Gym or Pool)
2. 1 weekly group fitness class for 8 weeks held at Splash Leisure Centre Craigieburn
3. 1 weekly presentation building your health-related knowledge and skills (facilitated by; headspace/Victoria Uni/Western Bulldogs Community Foundation)
4. Complimentary protein shake/coffee/tea each weekly session
5. Complimentary health assessment conducted by Fitness Instructors at Splash (if under 18 parents will need to be present during health assessment).

This program is currently being offered to ages 16-25

You must be available to attend all workshops to be eligible

For any queries email HeadspaceCraigieburnCommunity@orygen.org.au (Scanned copy of the form can also be emailed here too)

8 Positions Only!!!

Classes will be from 4:30 – 5.55pm on Tuesdays

Part 1 (Presentation)	Part 2 (Group Fitness Class)	Tentative Date
Introductions & Icebreaker	Mat Pilates	4/8
Mental Health & Self Care	Cycle	11/8
Respectful Relationships	Mat Pilates	18/8
Nutrition: Healthy Eating Intro & Recipe Ideas	Zumba	25/8
Nutrition: Budgeting & Shopping	Cycle	1/9
Nutrition: Healthy Choices When Eating Out	Mat Pilates	8/9
Topic TBC	Yoga	15/9
Celebration		

Participant Name: _____

Phone

Date of Birth: _____

number _____

Email _____

WHICH MEMBERSHIP CATEGORY DO YOU FALL INTO?

- ☐ Concession (Do you hold a Health Care Card?)
- ☐ Student (Do you have a student ID?)
- ☐ Adult

How did you hear about the Mind & Body Series? (Please tick one)

- ☐ DISS Nurse or School Wellbeing Team – Roxburgh College
- ☐ DISS Nurse or School Wellbeing Team – Mount Ridley College
- ☐ Other School, Uni or Tafe: _____
- ☐ Youth Worker, Organisation (List which org): _____
- ☐ headspace Craigieburn staff (List who): _____
- ☐ Other (please specify) _____

UNDERSTANDING THE RISKS

The activities are generally safe, but as with any physical activity, there is a small risk of injury (e.g. muscle strain).

By participating, we understand and accept these risks.

- ☐ To the extent permitted by law, I (young person/parent/guardian): I Agree not to hold facilitators, organisers, or associated organisations (including headspace Craigieburn) responsible for injury or loss arising from participation, except where caused by negligence

PHOTOGRAPHY

- ☐ I consent to being photographed
- ☐ I do not consent to being photographed

CONSENT

I understand the program and agree to participate

Name: _____

Signature: _____