



REGISTRATION FORM

Term

Thank you for registering for the St. George Hospital Strengthening for Over 60's Program. Please complete all fields on this form. This form can be printed or filled in electronically. Please use 1 character per box & place spaces or punctuation marks in their own box. Please read the information on the next page carefully.

SURNAME																				
FIRST																				
No/Street																				
Suburb																				
Postcode																				
Email (required)																				
Date of Birth																				

Are you Aboriginal and / or Torres Strait Islander

Please choose the class you would like by writing/choosing the number "1" in the box below. If this class is full, you will be placed on the waitlist for that class. But if you have a second preference, write the number "2" in the box. If this class is full as well, you will be placed on the waitlist for the first class.

Venue	Day	Times
Caringbah Senior Citizen's Centre	Monday	8.00am <input type="checkbox"/> 9.00am <input type="checkbox"/> 10.00am <input type="checkbox"/>
	Tuesday	8.00am <input type="checkbox"/>
	Wednesday	8.00am <input type="checkbox"/> 9.00am <input type="checkbox"/>
Carlton School of Arts (Roy)	Tuesday	11.00am <input type="checkbox"/>
(Sonja)	Wednesday	11.40am <input type="checkbox"/>
Carss Park Lifesaving Hall	Friday	8.00am <input type="checkbox"/> 9.00am <input type="checkbox"/> 10.00am <input type="checkbox"/>
Engadine Community Health Centre	Tuesday	9.00am <input type="checkbox"/> 10.00am <input type="checkbox"/>
Gunnamatta Park Pavilion	Friday	8.00am <input type="checkbox"/> 9.00am <input type="checkbox"/>
Menai Indoor Sports Centre	Thursday	10.00am <input type="checkbox"/> 11.00am <input type="checkbox"/>
Miranda Community Hall	Thursday	8.00am <input type="checkbox"/> 9.00am <input type="checkbox"/> 10.00am <input type="checkbox"/>
Mortdale/Oatley Baptist Church	Monday	8.30am <input type="checkbox"/> 9.30am <input type="checkbox"/> 10.30am <input type="checkbox"/>
	Tuesday	8.30am <input type="checkbox"/> 9.30am <input type="checkbox"/> 10.30am <input type="checkbox"/>
Oatley RSL Club	Thursday	8.30am <input type="checkbox"/> 9.30am <input type="checkbox"/> 10.30am <input type="checkbox"/> 11.30am <input type="checkbox"/>
Olds Park Sports Club	Wednesday	10.00am <input type="checkbox"/>
Ramsgate Life Saving Club	Monday	11.00am <input type="checkbox"/> 12.00pm <input type="checkbox"/> 1.00pm <input type="checkbox"/>
	Wednesday	8.30am <input type="checkbox"/> 9.30am <input type="checkbox"/>

By emailing this form, this is your digital signature and you agreeing to the Strengthening for Over 60s terms and conditions. Your place will not be secured without a current medical clearance, agreement to the terms and conditions and payment.

.....
Signature (for hard copies)

.....
Date

Terms & Conditions

General

1. All items required for registration, including completed registration form, completed medical clearance form and payment must be received by the Strengthening For Over 60 Program Office 7 business days prior to the commencement of the term. Failure to do so may result in loss of place in the selected term, with the place going to someone on the waiting list.
2. The medical certificate must be signed by both the participant and the participants general practitioner. In signing the form the participant agrees to indemnify St George Hospital, the Strengthening for Over 60s co-ordinating team and the class leaders from any legal action and compensation arising from participation in the classes and program. The participant also agrees to inform the class leader if any exercise is causing discomfort. The participants are required to inform the Strengthening for Over 60s Program or their class leader if there are any changes to their medical condition. It should be acknowledged and accepted that there is a risk of temporary and permanent injury each time one participates.
3. Medical conditions may result in the exclusion or the modification of programs for people wishing to participate. The Strengthening for Over 60s Program reserves the right to exclude from, or modify the program for, participants where we deem the risk of the program to them or others is not acceptable. We also reserve the right to exclude people from the program who display unacceptable behaviour. This includes, but is not limited to, abusive or rude behaviour towards other participants, class leaders and co-ordination staff.
4. All payments made to the Strengthening for over 60s Program will be used/reinvested solely for the on-going management and expansion of the program such as paying instructors, administering the program, venue hire, purchases, and maintenance of equipment. All contributions received will be maintained in a SESLHD special purpose account that has been set aside for these purposes.

Cancellation & Refunds:

1. If you wish to leave/ postpone the classes for a term, we must be made aware of this at least 5 business days prior to the term starting. This is so that we can give someone on the waiting list your position in the class. You will be given a full refund.
2. If we receive notification that you wish to withdraw from classes within 5 days of commencement of the term and before the end of week 4 of term, you will receive a 50% refund for the remaining weeks on a pro-rata basis. There will be no refund for notification and withdrawal beyond week 4 of the term, missing several classes mid term or missing single classes in the term. There will be no "make up classes" for missed classes. Medical reasons for non-attendance or withdrawal cannot be accepted.

Payment

The cost of the program is \$100 for a 9-week term.

Online portal (click on link) or scan the QR code - <https://paynswhealth.health.nsw.gov.au/other-payments?healthOrganisation=SESLHD&hospital=St%20George%20Hospital&service=Exercise%20Classes>



Via Phone - Please call 1300 883 965

(Option 3 – when asked: Entity - South East Sydney Local Health District – St George Hospital – Exercise classes - Strengthening for Over 60s Program - amount \$100)

In person - Cash or card payment can be made at the St George Public Hospital cashier. Cashiers Office, Ground Floor, Tower Ward Block
Gray St, Kogarah, NSW 2217
Office Hours: 9.00am to 5.00pm, Monday to Friday

EFT banking details are available on request (in branch deposits are currently not available).

Please do not give any paperwork to your instructor.