



19 Strand Street - Club Forster  
(20 metres left of main entry)  
Forster, NSW 2428  
Phone: 0427672676  
Email: [fmartsnfit@gmail.com](mailto:fmartsnfit@gmail.com)  
[www.clubforster.com.au/fmaf.html](http://www.clubforster.com.au/fmaf.html)  
ABN 72429551362

## Class Enrolment

Name 1: \_\_\_\_\_ D.O.B \_\_\_\_\_

Name 2: \_\_\_\_\_ DOB \_\_\_\_\_

Contact Phone \_\_\_\_\_ Second Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Parent/Caregiver Name(s): \_\_\_\_\_

### Medical information:

Please provide any medical information that may impact the students' ability to participate in Martial Arts.

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In the event that it is determined that an ambulance should be called, do you consent to an ambulance being called and first aid being administered until more advanced medical treatment arrives? Yes/No

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Is it ok to use the students' image in the promotion of the club (ads, pamphlets facebook etc.) where prior consent is obtained? Yes / No Signature \_\_\_\_\_

### Release and Wavier of Liability:

In consideration of the student being permitted to participate in the class, the undersigned acknowledges and agrees that the instructor can use hands and feet to correct, position and manoeuvre the student. The training area is under 24 hour video surveillance. I/We release, waiver, discharge and agree to indemnify and hold harmless release from any and all claims, demands or cause of action which are in any way connected with the students' participation in martial arts. I/We acknowledge that activities performed are of a physical nature and personal injury or death may occur.

Parent/Caregiver signature \_\_\_\_\_ Date \_\_\_\_\_

Name (printed) \_\_\_\_\_

Instructor's signature \_\_\_\_\_ Date \_\_\_\_\_

Instructors Name: Colin Osborn

**Cost: (Cash only)**

**Martial Arts Only**

Under 18's = \$10 per lesson or \$60 per month for unlimited classes

2 or more siblings = \$10 per lesson per child or \$50 per month per child for unlimited classes

Adults = \$15 per lesson or \$90 per month for unlimited classes

**Warrior Workouts Only (15 years and over)**

\$10 per session or \$70 per month for unlimited sessions

**Combined Martial Arts and Warrior Workouts**

\$150 per month for unlimited classes

**Family (2 adults & 2 children)**

\$270 per month for unlimited classes/sessions

All martial arts classes are one hour in duration. Warrior workouts are 20-25 minutes in duration. Due to our choice to have very personalised small classes, students are taken on a first in first served basis. It is up to the student to maintain their place through diligence

In the event of absenteeism or I cancel a class, the student will be credited any missed lesson. You will NOT be charged for public holidays, this will be adjusted as they occur.

**Under 18's Class Structure:**

5 minutes warm up/stretch

30-35 minutes of technique of the day

10-15 minutes of fun activities aimed at improving mobility, dexterity, peripheral vision and balance

10-15 minutes fast paced exercise

**Adults Class Structure**

5 minutes warm up/stretch

30-40 minutes technique of the day

15-25 minutes of fast paced exercise

**Warrior Workouts**

5 minute warm up/stretch

20-25 minutes of no-nonsense, high intensity/low impact varied exercises as used by competitive fighters preparing for a contest

(Walk in – Crawl out)

**One on One and Small Groups (by appointment only)**

As per requirements and fitness levels of participants