

Mama & Baby Pilates

Term2

10th Jan - 27th March 2012



Class Times & Days

Tuesday 11am

Prices (11 weeks)

Members: €40 or €7.50 per class
Non Members: €80 or €12.50 per class

Suitable for Babies
from 6 weeks to
before crawling

This class is for new mums, wanting to regain fitness and well-being after pregnancy and birth. Focuses on restoring the pelvic floor muscles, deep abdominals, postural awareness, general strength and muscle tone. A great class to make the most of this precious time with your newborn baby. The atmosphere is calm and relaxed and gives you the opportunity to meet new Mums.

Code of Conduct:

- Participants are advised to bring a towel & water and a blanket & toy for baby.
- Non-members will require a wrist band to avail of lockers and free car parking. Wristbands are available to purchase from reception for €10.00
- Management reserve the right to merge or withdraw classes from the timetable.
- DCU Sport's Code of Conducts must be adhered to at all times.

PLEASE NOTE:

- There will be no class on Tuesday 14th Feb



DCU Sport Creating Purpose through People and Programmes

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www.dcu.ie/dcusport



Pilates Application Form	
Mr <input type="checkbox"/> Mrs <input type="checkbox"/> Ms <input type="checkbox"/> Miss <input type="checkbox"/> Other:	
Surname:	Mobile:
Forename:	Email:
Local Address:	Date of Birth:
	Emergency Contact Name:
	Emergency Contact Number:
Baby's Name:	
Do you have any injuries/illnesses that we should be aware of? Yes <input type="checkbox"/> No <input type="checkbox"/> If yes please specify:	
Are you on any medication: Yes <input type="checkbox"/> No <input type="checkbox"/> If yes please specify:	
Are you a sports complex members: Yes <input type="checkbox"/> No <input type="checkbox"/>	

I fully understand the strenuous nature of the programme and the risks associated with physical exercise. I accept responsibility for my health and well-being in the voluntary exercise programme and related tests and understand that no responsibility is assumed by the leaders of the programme / the instructors of University Sports Complex arising out of any accident, injury or loss sustained by me as a result of activities at or present in University Sports Complex.

Participant's Signature: _____ Date _____



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