

Calgary Youth Physiotherapy Ltd.

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BE YOUR BEST FITNESS CLASSES...

Welcome to Calgary Youth Physiotherapy Fitness Classes and if you are returning to our classes, thank you for your continued participation over the past year!

Join us for a unique set of physiotherapy led gross motor classes! Our goal is to increase your child's strength, flexibility, balance, endurance, motor coordination/planning, overall fitness and most importantly their confidence with motor activity.

In the upcoming year (2018-19) we are offering the following classes on Wednesday afternoons:

4:00 – 4:45PM -These classes have been implemented to service children 7-11 years.

4:45 – 5:30PM - These classes have been implemented to improve the physical well-being of those clients that require extra assistance and that are not best serviced in another class.

5:30pm – 6:15PM - These classes have been implemented to service those clients 12 years and older that are able to participate with a higher level of independence.

***In all cases, a client that is new to Calgary Youth Physiotherapy and or new to the classes will require an assessment prior to registration.**

***An important aspect of the classes is that the participants learn about their own body's needs and start building life knowledge on how to independently achieve good fitness, mobility, function and individual sport specific goals.**

Dates of Sessions:

WEDNESDAYS 4-4:45pm, 4:45-5:30pm, 5:30-6:15pm

Fall - 12 Weeks

September 19th - December 5th, 2018

Winter – 12 Weeks

January 9th– March 27th, 2019

Costs:

AHS Funded Clients - aide fee to be paid in full at the beginning of each block

Fall and/or Winter – 12 wks X \$7.00/class = \$84.00

Private Clients - fees to be paid in full at the beginning of each block

Fall and/or Winter- 12 wks X \$35.00/class = \$420.00

AHS Funded Clients

AHS funding is available for pediatric clients, up to the age of 18, who are able to participate in a class setting and who would benefit from the physical and social effects of the class. As per our contract, with AHS, only one set of classes per calendar year will be funded.

Cancellation Fee/Non Attendance

In order to run these classes, the clinic space is not open to other clientele and is designated for the use of the class registrants only. In addition, physiotherapy staff members and an assistant are scheduled during these hours exclusively to assist with the classes. Alberta Health Services only contributes funds for the running of the classes when the client attends. Therefore, in all circumstances, a fee of \$35 will be charged for cancellation or non-attendance, even in the EVENT OF ILLNESS.

To register your child, please complete the following form and return to Calgary Youth Physiotherapy North or South Office:

Class Name (Please Circle): 4:00-4:45pm / 4:45-5:30pm / 5:30-6:15pm

Session (Please Circle): Fall and/or Winter

Child's Name: _____ **Age:** _____

Alberta Health Care Number: _____

AGREEMENT WITH CALGARY YOUTH PHYSIOTHERAPY

Please initial each part of the following agreement:

CONSENT:

I consent to participation in physical therapy class sessions. _____

CANCELLATION:

I am aware of the cancelation policy for the classes. _____

In order to run these classes, the clinic space is not open to other clientele and is designated for the use of the class registrants only. In addition, physiotherapy staff members and an assistant are scheduled during these hours exclusively to assist with the classes. Alberta Health Services only contributes funds for the running of the classes when the client attends. Therefore, in all circumstances, a fee of \$35 will be charged for cancellation or non-attendance, even in the EVENT OF ILLNESS. _____

Class Registrant (if 18 years of age or older) _____

Parent/Guardian (if patient under 18 younger) _____

Date _____