



NOTES FOR PARENTS

1. FEES. An annual Association registration fee of \$30 (which covers insurance) and a training fee of \$5 per class is payable for each child. Training fees should be paid at the start of each class.
2. Please be EARLY. Allow your child time to settle and prepare themselves for the lesson.
3. Make sure your children (especially if they are young) visit the toilet before the class commences. It will be disruptive for everyone to have to accompany a child to the toilet.
4. Make sure that your child's fingernails and toenails are clean and trimmed. Also no watches or jewellery should be worn.
5. If your child has long hair please tie it back. If they are rolling and tumbling it won't be stepped on or get caught.
6. Aikido is traditionally practiced in a "keiko-gi". This is a white unadorned cotton uniform. Please DO NOT send your children dressed in training uniforms from other arts, e.g karate, tae-kwon do etc.
7. At this stage no special uniform is required. Clothing should be loose fitting (a T-shirt is fine) and pants should be long enough to cover and protect the knee.
8. All training is conducted on special mats. To keep the mats clean shoes must always be taken off. It is best to provide your child with some form of slippers or sandals which they can easily take on or off as required.
9. Please pick your child up on time as the dojo will close and we have no facilities to mind children.
10. Please advise your child that good behaviour and discipline are most important in Aikido to ensure safe practice.