# JUMPING® INSTRUCTORS’ CERTIFICATION COURSE

# By Jumping World Team

# Registration Form

##

## Course details:

### Outline:

The jumping® instructor’s certification course is a theoretical and practical course that includes

* Movement Mechanics on the trampoline
* Static & dynamic stretching
* Strengthening exercises
* Communications,
* Terminology & relationship between music
* Balance & coordination

### General Details:

Date : 6th-7th January 2018

Time : 9am – 5pm

Venue : Jumping@Peninsula

 Peninsula Shopping Centre,

 3, Coleman Street, #04-15

 Singapore 179804

Master Trainer : Samuel Piskura, Jumping World Team, Czech Republic

Fee : $500

Contact : 96313710

Email : rosalind@newhopecs.org.sg

### Payment Details:

You are required to pay $250 (50% of course fee) as deposit upon registration. You will be invoiced for the balance of $250 after the registration closing date.

Kindly Make Payment to **New Hope Community Services**:

Swift Code: DBSSSGSG

Bank Code: 7171

Branch Code: 015 (Thomson)

Account No.: 015-900776-6

Account Type: Current Acct.

Please fill up the form below and return to Rosalind at rosalind@newhopecs.org.sg before the closing date on **8th Dec 2017.**

Please refer to the appended size guide to choose your attire sizes

# Registration Form

Name: Click or tap here to enter text.

Address: Click or tap here to enter text.

Country: Click or tap here to enter text.

Contact Number: Click or tap here to enter text.

Date of birth: Click or tap to enter a date.

Email: Click or tap here to enter text.

Gender: Choose an item.

Singlet Size: Choose an item.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Singlet** | **XS** | **S** | **M** | **L** |
| 1/2 chest circumference | 34 | 36 | 38 | 40 |
| 1/2 waist circumference | 30,5 | 32,5 | 34,5 | 36,5 |
| 1/2 lower hem circumference | 36,8 | 38,8 | 40,8 | 42,8 |
| Singlet length from shoulder back piece | 61 | 63,5 | 66 | 68,5 |
| The depth of the neckline | 16,5 | 17 | 17,4 | 17,8 |
|  |  |  |  |  |