

# TWISTERS

Instructor: Nicole Rock

West Branch Parks and Recreation

For more information contact: Melissa Russell  
319-643-4212 or [recdirector@westbranchiowa.org](mailto:recdirector@westbranchiowa.org)



TWISTERS is a cheerleading class for children ages 3-10 years old. Boys and Girls will learn cheerleading basics such as jumps, arms and cheers. Children will also work on simple tumbling skills such as cartwheels, handstands, limbers and handsprings. . All classes will be held at West Branch Town Hall Mondays from 6:30 pm-7:00pm in August.

Pre-registration and payment are required by July 27<sup>th</sup>. A minimum of 6 registered participants will be required for the class to run.

TWISTERS will be run by Nicole Rock's School of Dance. Nicole Rock started her dance studio in 2004 in West Liberty. More information on Nicole Rock or the other classes offered at her West Liberty studio can be found at [www.nicolerocksschoolofdance.com](http://www.nicolerocksschoolofdance.com).

## Registration Form

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

## Waiver

By signing this agreement, I the participant, parent, and/or guardian understand that participation in this activity may result in some type of injury and protective equipment does not prevent all injuries to participants. I hereby give permission for my child, ward, or myself to participate in the below registered program and/or activity and certify that my child (or myself) is physically fit to join in the activities. I hereby waive, release, and agree not to hold the City of West Branch Parks and Recreation Department, West Branch Community School District, sponsors, supervisors, and volunteers liable for any injuries that may occur as a result of participation in these activities. I also give my permission for any photos/videos, etc. of these participants taken during a program to be used for future departmental promotional materials. Please take note and govern yourself accordingly.

**THE WEST BRANCH PARKS AND RECREATION DEPARTMENT AND THE CITY WEST BRANCH  
HAVE NO ACCIDENT INSURANCE TO PROTECT THE PARTICIPANTS.**

Participant/Parent Signature: \_\_\_\_\_

Please check classes you are attending: **Please make checks payable to Nicole Rock's School of Dance.**

Mondays      August 6<sup>th</sup>-August 27th      6:30 pm @ Town Hall      \$25.00

TOTAL \_\_\_\_\_