



## Latino Bambino™

### Terms & Conditions

Please read these Terms and Conditions carefully and make sure you understand them fully before registering for the Latino Bambino™ classes.

**We recommend that you consult a doctor before starting this or any other exercise program.**

#### **Fees**

Classes are payable in advance:

£60 for a block of 6 weeks with one (1) make-up class in case you miss a session which means you can use them in 7 consecutive weeks.

Classes can sometimes be paid individually (pay as you go) at a cost of £10 per session. **Please ask instructor for this option.**

If you are unable to attend a class, please contact us by email to [info@latinobambino.co.uk](mailto:info@latinobambino.co.uk) or by phone to 07961 838349.

#### **Classes**

Classes are conducted on a weekly basis at various venues posted on the Latino Bambino website [www.latinobambino.co.uk](http://www.latinobambino.co.uk).

Latino Bambino reserves the right to make changes to provision and operation of the classes, including changes to schedules, fees, venues and staff as business requirements demand. We will endeavor to notify you of any changes as far in advance as possible.

For your first class you will be asked to fill in and sign a registration form. By doing so, you agree that you and your baby are healthy to join the classes and that you have consulted your doctor if necessary as indicated in the registration form. You will not be able to join the class unless you fill in and sign the registration form.

Latino Bambino welcomes breast-feeding and strives to create a comfortable, relaxed and sociable environment.

***We recommend that you consult a doctor before starting any exercise program.***

## **Health & Safety**

At Latino Bambino, we take the safety of you and your baby very seriously. All our classes have been designed to be safe and gentle for both mother and baby. The exercises and dance moves have been carefully chosen and choreographed by a fully qualified Ante and Post Natal instructor(s) to meet the needs of new mothers. All our instructors are highly trained to deliver the classes in a safe, effective and enjoyable way.

At Latino Bambino, we take all the precautions necessary to make sure that our classes meet the highest standards of safety for all those attending. It is important that you pay attention during the classes and follow all our recommendations, especially those concerning health and safety in the registration document. Latino Bambino® classes are safe and have been taken by many mums and babies; however it is your personal responsibility to take care of your and your baby's health and safety.

We encourage mums to take breaks whenever they need. You can take time to rest or feed the baby and then re-join the class at any time. If you feel discomfort at any time during the class, it is important that you stop and let our instructor know.

Please make sure that you feel comfortable carrying your baby in the baby carrier or the sling. If the baby is too heavy for you, we do not recommend continuing the classes.

Latino Bambino holds a certificate of Public Liability Insurance.

## **Equipment**

During the class you will be wearing a baby carrier or sling. It is extremely important that you follow the manufacturer's instructions and guidelines so that both you and your baby can feel comfortable and safe during the class.

It is important that for small babies you use a carrier that provides good head support to the baby. At this small age, the baby should be facing mum and his/her head should be well supported. We recommend the usage of harness style carriers for young babies.

We recommend wearing light, comfortable clothing for yourself and the baby. You should also wear comfortable/low heel shoes that have a good grip on the floor. Bottle of water is also recommended.

## **Quality Assurance**

Quality is part of our company. As part of our quality assurance program we may ask you to fill in a 'Quality Assurance Evaluation' document from time to time. It is not compulsory to fill in the document but it will greatly help us with improving our classes and system.

## **Refunds**

Please note that refunds will not be given for missed classes for any reason including sickness, holidays or days off. Fees are non-refundable and cannot be carried forward. We understand this can be irritating however our costs remain the same whether or not everyone is present.

## **Holidays**

Latino Bambino does not necessarily have the same holidays as schools; therefore lessons may take place during school holidays. In case that Latino Bambino will be closed for holiday for any period, we will notify you as far in advance as possible.

***Please note that terms and conditions are legally enforceable.***