


HIGH WYCOMBE RECREATION CENTRE

200 Newburn Road, High Wycombe 6057

Email: Recreation@kalamunda.wa.gov.au

Ph: 9359 1700

 City Of Kalamunda Recreation



FOOTHILLS COOKING CLASSES

Enrolment

ID:

Personal Details: Mr Mrs Miss Ms (please circle)

First Name: _____ Surname: _____

DOB: _____ Age: _____ Male Female

Phone: _____ Email: _____

Address: _____

Suburb: _____ Post Code: _____

Emergency Contact:

First Name: _____ Surname: _____

Relationship: _____ Phone Contact: _____

Please provide details for any relevant information below:

Allergies/medical conditions: _____

Are there any disabilities that the Program Instructor should be aware of prior to commencing this program? YES NO If yes, please specify _____

Do you require a carer or any assistance whilst attending this program? YES NO

If yes, please specify _____

Please provide information regarding the level of exposure you can withstand from an allergic substance, e.g. touch, smell, taste, etc.: _____

What procedure should be followed if you are exposed to an allergic substance or shows signs from your medical condition? _____

If an "Action Plan" form is required, you must return it to the Centre on your first visit.

Please provide us with any medical documents you feel will assist us in delivering a greater quality of care to you and note that medication is not administered by staff. Please refer to the Foothills Cooking Classes Rules & Info Sheet for further details.

Please complete overleaf

HIGH WYCOMBE RECREATION CENTRE

200 Newburn Road, High Wycombe 6057
Email: Recreation@kalamunda.wa.gov.au

Ph: 9359 1700
f City Of Kalamunda Recreation



FOOTHILLS COOKING CLASSES

High Wycombe Recreation Centre – Foothills Cooking Class:

11:00am – 1:00pm

Due to the High Wycombe Community and Recreation Centre being an unstaffed facility as well as for safety reasons, please arrive no later than 10:55am. There will be no access to the program once the entry door has been locked to allow the class to commence at 11:00am. Credit or refunds will not be issued to participants arriving late to class.

CHARGES & ENROLMENT

All charges must be paid at reception with enrolment before the Foothills Cooking Classes program commences.

WHAT TO BRING / WHAT NOT TO BRING

- Please ensure you are wearing closed in shoes.
- Please bring an apron to each class
- Please bring a tea towel to each class
- Please bring an empty food container to each class
- Please bring a labeled drink to each class
- Please **do not** bring cooking utensils from home (**no responsibility is taken for lost or damaged items**).

MEDICAL

For the health and safety of all patrons in the centre:

- Patrons cannot attend the Foothills Cooking Classes program when they are sick with an infectious condition or unwell, these include:
 - ✕ Chicken Pox
 - ✕ Gastroenteritis
 - ✕ Conjunctivitis
 - ✕ Vomiting
 - ✕ Diarrhoea

Take Away Food Disclaimer

In allowing you to take away the food prepared and cooked during the Foothill Cooking Classes you acknowledge that the City of Kalamunda will not be responsible for the safe transportation and storage of the food and understand that this agreement is on the basis that we accept no liability in respect of the safety of this food for human consumption once removed from the premises.

This food has been prepared in a registered food premises and care will be taken during the food preparation process to use safe and hygienic food handling techniques.

If you or anyone else requires information on the types of ingredients used for those who may have an allergic reaction to certain ingredients please make the organiser aware of this prior to you attending this course.

In consideration of our permitting you to take the food away you agree to indemnify and keep indemnified (**High Wycombe Recreation Centre**) against any and all loss, liability and damage howsoever arising in respect of such food.

Your signature below will represent your understanding of this disclaimer will be applied for all Foothills Cooking classes.

Name: _____

Sign: _____

Date: _____

TERMS AND CONDITIONS

CLASS ACCESS

No person under the age of 16 is permitted to participate in Foothills Cooking Classes. Persons between the age of 16 and 18 must have their enrolment form signed by their parent or guardian allowing permission for the patron to attend the program.

No spectators allowed.

Programs are not transferable or refundable.

CONDUCT & BEHAVIOUR

Management reserves the right to refuse entry or cancel a registration and request to leave the premises if the patron does not behave in a responsible manner, is under the influence of drugs and/or alcohol or does not adhere to the general conditions of entry.

MEDICAL CLEARANCE

Management reserves the right to request a medical clearance prior to the commencement of the program. This will be at the patron's expense.

EQUIPMENT

Any faults or damage to equipment must be reported to staff immediately.

All equipment must be handled appropriately and returned after use.

HOURS OF OPERATION

The centre reserves the right to vary, add or eliminate any facility or service provided by the centre.

CLOTHING ATTIRE

Suitable shoes and clothing for food preparation is compulsory.

The City of Kalamunda will take no responsibility for lost or stolen property.

UNAVAILABILITY OF FACILITY

Facilities or services within the centre may be unavailable at any particular time due to mechanical breakdown, fire, act of God, catastrophe or any other unforeseen reasons. The centre will not be held responsible or liable for such occurrences.

DISCLAIMER

For the purpose of being allowed to participate in the programs & activities at the City of Kalamunda - High Wycombe Recreation Centre, I agree to acknowledge and accept the following; Kitchen education such as cooking may come with innate risks associated with the Foothills Cooking Classes program. The City of Kalamunda takes care in providing a high service, however participating in our program at High Wycombe Recreation Centre may cause serious injury, paralysis or death. I agree to participate in programs at High Wycombe Recreation Centre at my own risk. It is my responsibility to ensure that my valuables and personal effects are safe and that I wear appropriate footwear/safety equipment whilst participating. In the event that I cause loss, damage and/or injury to a third party/third party property and this has resulted due to my negligence, I accept that any costs, losses or liabilities I incur are my responsibility.

Signature: _____ Date: _____

Staff Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

If renewing, and all Medical Questionnaire answers have not changed please sign below:

Term 2: Signature: _____ Date: _____

Term 3: Signature: _____ Date: _____

Term 4: Signature: _____ Date: _____

CONDITIONS

- Full payment is required on enrolment.
- A minimum of 72 hours' notice must be given in the event of a cancellation, unless a medical certificate is presented.
- Refunds will be given for cancellations of more than 72 hours' notice. Where a refund is given an administration fee may apply.

Ingredients for the Classes



Wednesday 7 th August 2019						
Creamy Chicken Piccata Pasta						
Pasta	Plain Flour	Chicken	Butter	Brown Onion	Garlic	Cream
Chicken Stock	Lemon Juice	Fresh basil	Parmesan Cheese	Lemon Zest		
Mixed Apple and Berry Sponge Pudding						
Green Apples	Lemon Juice	Caster Sugar	Mixed Berries	Eggs	Milk	Vanilla Extract
Plain Flour	Baking Powder	Icing Sugar	Thick Cream	Ground Cinnamon		
Wednesday 14 th August 2019						
Sweet and Sticky Korean Beef with Quick Kimchi Noodles						
Brown Sugar	Fresh Ginger	Garlic	Soy Sauce	Peanut Oil	Beef Mince	Green Beans
Lime Juice	Egg Noodles	Coriander	Sriracha Chilli Sauce	Sesame Seeds	Green Onion	Chinese Cabbage
Sweet and Sour Lemon Slice						
Shortbread Biscuits	Butter	Lemons	Caster Sugar	Plain Flour	Baking Powder	Eggs
Icing Sugar	Double Cream					
Wednesday 21 st August 2019						
Potato Rosti with Apple Slaw						
White Potatoes	Egg	Butter	Caraway Seeds	Broccoslaw Kit (Coles)	Green Apples	Green Onions
Melting Moments with Mixed Berry Filling						
Butter	Plain Flour	Icing Sugar	Custard Powder	Lemon Rind	Frozen Mixed Berries	
Wednesday 28 th August 2019						
Mongolian Chicken Skewers with Super Speedy Fried Rice						
Hoisin Sauce	Soy Sauce	Chinese Cooking Wine	Chinese 5 Spice	Garlic	Chicken thighs	Green Onions
Peanut Oil	Jasmine Rice	Stir Fry Vegetable Mix	Oyster Sauce			
Traditional Victoria Sandwich Cake						
Butter	Caster Sugar	Eggs	Vanilla Extract	Self Raising Flour	Strawberry Jam	Cream
Icing Sugar	Strawberries					
Wednesday 4 th September 2019						
Healthy Tuna Mornay						
Carrot	Zucchini	Green Beans	Plain Flour	Milk	Tuna	Brown Rice
Corn, Cheese and Chive Mini Muffins						
Corn Kernels	Cheese	Chives	Olive Oil	Eggs	Milk	Plain Flour
Baking Powder						

Ingredients for the Classes

Wednesday 11th September 2019						
Warm Chorizo and Spanish Bean Salad						
Red Capsicum	Roma Tomatoes	Chorizo	Heinz Beanz Creationz	4 Leaf Salad	Red Onion	Feta
Mixed Berry and Avocado Pancakes						
Avocado	Egg	Buttermilk	Self Raising Flour	Caster Sugar	Baking Powder	Frozen Berries
Butter	Lemon Zest					
Wednesday 18th September 2019						
Steak Sandwich and Chunky Homemade Chips						
Sebago Potatoes	Red Onion	Balsamic Vinegar	Brown Sugar	Beef Rump Middle Eye	Sourdough Rolls	Baby Rocket Leaves
Apple Date Muffins						
All Bran Cereal	Milk	Self Raising Flour	Baking Powder	Natural Oat Bran	Chopped Dates	Green Apple
Egg	Maple Syrup					
Wednesday 25th September 2019						
Quick Pork and Mustard Stew						
Pork Scotch Fillet	Eschalots	Bacon	Potatoes	Dijon Mustard	Wholegrain Mustard	Cooking Cream
Chicken Stock	Tarragon Leaves	Green Beans				
Double Chocolate Banana Bread						
Milk Chocolate	Dark Chocolate	Plain Flour	Baking Powder	Bi Carb Soda	Caster Sugar	Eggs
Bananas	Vanilla Extract	Cream Cheese	Cocoa Powder			