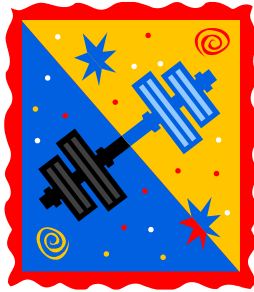


PhysiFit – The Fundamentals



This four-week program is for boys and girls of all skill levels that are 8 – 14 years old. Together with our instructor, you will learn to safely build your muscle strength, endurance and flexibility by using the weight equipment in our Youth Fitness Center and by performing various fitness drills. After you complete four one-hour sessions, you will be able to use the youth fitness equipment in the Club Grindstone Room to continue your exercise routine.

Cost: \$16 for Recreation Center members; \$20 for Non-members

SUNDAYS, 1:30 – 2:30 PM

May 2 - 23

CHILD'S FIRST NAME: _____ LAST NAME: _____

PARENTS NAME: _____

E-MAIL ADDRESS _____

ADDRESS: _____ CITY: _____ ZIP: _____

DATE OF BIRTH: _____ HOME PHONE: _____ CELL PHONE: _____

EMERGENCY CONTACT: _____ PHONE: _____

I release, waive, discharge and covenant not to sue the City of Berea, its officers, agents from all liability to my child and her personal representatives, assigns, heirs and next of kin for all loss or damage, and any claim or damage, on account of any personal injury to my child, whether caused by the negligence of the City of Berea or otherwise while my child is participating in the PhysiFit: The Fundamentals class. All above information is correct to my knowledge. **THERE ARE NO PROGRAM REFUNDS. A \$15 RETURNED CHECK FEE APPLIES.**

PARENT SIGNATURE: _____ DATE: _____

FOR REC USE ONLY: DATE: _____ CHECK CASH AMOUNT: _____ EMPLOYEE: _____

PROGRAM: PhysiFit: The Fundamentals, May