



fitkidsAmerica®

MAKING FITNESS FUN

PRESENTS – Session 1 AFTERSCHOOL PROGRAMS ON CAMPUS AT Camarena (Enrique) Elementary!

Classes not held: 9/3, 9/24-10/5, 10/8
Classes held 5 minutes after release on 9/13-9/20



Dodgeball

That's right, dodgeball! Fit Kids America is bringing this fast paced and high energy sport to your campus! Participants will be able to fine tune their catching and throwing abilities while increasing their reaction times. We play with foam balls, not the hard playground balls, to reduce the risk of injury. This class is for everyone that is ready to have fun!

Monday's 2:50 – 3:50
6 classes \$69
Camarena Blacktop

August 13th – October 15th
Grades K–5th

Hip Hop

Get ready to learn the latest dance moves at this fun dance class! The class features all your favorite music (appropriate lyrics only). It is a high energy class where students receive step by step instruction on Hip Hop dancing. Each dance routine is broken down into easy to learn individual movements. Each class will include a warm up, stretching, choreography, and basic hip hop tricks. We bring the dance studio to you!

Tuesday's 2:50 – 3:50
8 classes \$89
Camarena Blacktop

August 14th – October 16th
Grades K–5th



Cheerleading

Show your spirit! Learn all the cheer basics during this fun class! Cheer dances, chants, kicks and jumps are just part of the things you'll learn on your way to becoming a top notch cheerleader! Each week you'll add counts on to a cheer dance. No uniform purchase necessary.

Wednesday's 2:50-3:50
classes \$89
Camarena MPR

August 15th – October 17th 8
Grades K–5th



HOW TO REGISTER!

ONLINE: at www.fitkidsamerica.org,

CALL: 760-730-1115,

E-MAIL: info@fitkidsamerica.org

MAIL: to 2725 Jefferson St. #11, Carlsbad, CA, 92008

PLEASE DO NOT GIVE FORM TO SCHOOL OFFICE OR YOUR TEACHER

All Classes Held Rain or Shine!

Only Kindergarteners are picked up from class.



REGISTRATION AND WAIVER FORM

RELEASE AND WAIVER OF LIABILITY

I release and hold harmless Fit Kids America, its officers, directors, employees, agents, landlords, lessees and franchises hereafter the "Released Parties" from any and all liability for injury to my child(ren) caused in any manner, including the negligence of the Released Parties, by my child(ren)'s participation in any Fit Kid America program. I acknowledge that some Fit Kids America programs are designed, through dance routines, concentrate on the cardiovascular system, flexibility, balance, coordination, muscle toning and endurance. The routines allow for a warm-up and cool-down period, and children are advised to warm-up and pace themselves during the course of routines. I acknowledge I have been advised to consult with my physician with respect to any past or present injury, illness, cardiovascular problem, knee problem, or any other condition that may affect my child(ren)'s participation and ability to participate in and endure the exercise program.

I further release the Released Parties from any and all claims for loss or injury to personal property or for personal injury from any cause related to a Fit Kids America program, including but now limited to theft, fire, and simple negligence of the Released Parties.

I further acknowledge that Fit Kids America may take or have taken still photographs and videotapes of participation in a program. These photographs and videotapes may include images of participants to the activities, and specifically may include images of me or my child(ren). I hereby give my unconditional consent, with no further consideration or notice to me, to any advertising or promotional use of such material, which may contain photographs or images of me or my child(ren) in it.

I acknowledge that Fit Kids America is not responsible for escorting my child(ren) to class.

I agree that I will pick up my child on time or within 5 minutes of the release time, otherwise I will be sent an invoice in the amount of \$5.00 per every 5-minute increment thereafter.

Registro Y Renuncia Formulario

LANZAMIENTO Y EXENCIÓN DE RESPONSABILIDAD

Yo deslindo de toda culpa alguna a Fit Kids América, sus oficiales, directores, empleados, agentes, propietarios, arrendatarios y franquicias en lo sucesivo de toda responsabilidad por lesión a mis hijos(a) causada en cualquier forma, incluyendo la negligencia de los mencionados en el renglon anterior, por la participación del niño en cualquier programa de Fit Kid América.

Reconozco que algunos programas en Fit Kids América están diseñados, a través del baile rutinas, concentrado en el sistema cardiovascular, flexibilidad, equilibrio, coordinación, muscular tonificación y resistencia. Las rutinas permiten un período de enfriamiento y calentamiento, para los niños Se aconseja el calentamiento y ritmo propios durante el curso de rutinas. Recomienda y aconseja consultar con mi médico con respecto a cualquier tipo de ejercicio para evitar cualquier tipo de lesión que hubiese tenido en el pasado o presente, enfermedad, problema cardiovascular, problema de rodilla o cualquier otra condición que puede afectar a mi hijo (a) participar y capacidad para tolerar el programa de ejercicio.

Además liberar a las partes de cualquier reclamación por pérdidas o daños a bienes personales o por lesiones personales por cualquier causa relacionada en los programas de Fit Kids América, incluyendo pero ahora limitado a robos, incendios y simple negligencia de las partes lanzado.

Además reconozco que Fit Kids América puede tomar o han tomado aún fotografías y cintas de vídeo de la participación en un programa. Estas fotografías y cintas de vídeo pueden incluir imágenes de los participantes a las actividades y específicamente pueden incluir imágenes de mí o mis hijos (as). Acepto y Doy mi consentimiento incondicional, sin notificación, consideración o aviso para mí, para fines publicitarios o promocionales de dicho material, que puede contener fotografías o imágenes de mí o mis hijos en ella. Reconozco que Fit Kids América no es responsable de escoltar a mis hijos a clase. Acepto los terminos y condiciones de recoger a mi hijo/a a la hora especificada por Fit Kids. En caso de no recogerlo a tiempo, estoy conciente de que habra un cargo adicional de cinco dollars por cada cinco minutos despues de la hora fijada.

STUDENT'S NAME / NOMBRE SCHOOL / GRADE / TEACHER PROFESOR / DE GRADO / DE ESCUELA

ADDRESS / CODIGO DE DIRECCION POSTAL

TELEPHONE NUMBER / NUMERO DE TELEFONO E-MAIL ADDRESS / DIRECCION DE CORREO

PERTINENT MEDICAL CONDITION(S) / CONDICIONES MEDICAS PERTINENTES

PARENT/ GUARDIAN SIGNATURE / FIRMA DE LOS PADRES

PERSONS AUTHORIZED TO PICK UP MY CHILD/ PERSONAS AUTORIZADAS PARA RECOGER A MI HIJO

MY CHILD ATTENDS ON CAMPUS DAY CARE: YES _____ NO _____ INITIAL CHILD WALKING _____

SPORT REGISTERING FOR _____ SESSION # _____

REGISTRO DE ACTIVIDAD _____ SESSION # _____

PAYMENT METHOD: CHECK#

CIRCLE CREDIT CARD: MC VISA AMEX

CREDIT CARD NUMBER:

CARD HOLDER'S NAME:

EXPIRATION DATE:

CVV #:

Fit Kids America

2725 Jefferson St. #11, Carlsbad, CA, 92008

760-730-1115

www.fitkidsamerica.org

For Office Use:

Registered _____
 Payment _____
 Posted _____