

## Fit Kids Sports Center Rules and Policies

Participant \_\_\_\_\_ Telephone \_\_\_\_\_  
Parents Name \_\_\_\_\_  
Insurance and Policy # \_\_\_\_\_

**Registration Fee: \$30.00 Initial** \_\_\_\_\_

The registration fee is a \$30.00 yearly fee which is due when a participant enrolls in a class. All present members as well as new members are required to pay the registration fee. This fee is necessary to help defray the cost of liability expenses. This fee is non-refundable.

**Session Fee: (See Fee Schedule) Initial** \_\_\_\_\_

Fit Kids Inc. operates their program in 4 week sessions. **All fees need to be paid prior to the first class. If fees are not paid by the first class of the session, then the student will not be allowed to participate the second class of the session.** We do not want to sit your child out because of delinquent fees, however, your child will be considered inactive until the session fees are paid. Please be sure to look at notices that will be posted in the gym and notices that your child brings home reminding you of when the next session starts! Fees are non-refundable; however a credit can be applied to the account.

**Make Ups Initial** \_\_\_\_\_

As a courtesy service we do allow students to make up missed classes provided they are **active participants. Make up classes are only allowed to participants who have paid for the current session.** Students are not allowed to carry make ups over to another session and not pay for that session. For students who participate in more than one class per week, a fee adjustment can be made if you have missed several classes. If you sign your child up for a make up class and do not show, your child **will lose** that make-up.

**Observation Initial** \_\_\_\_\_

Parents and friends are allowed to observe from the viewing windows. **No one is allowed in the gym unless they are participating.** Parents participating with their child in the Fun-In-The-Gym classes are allowed in the gym.

**Fun-In-The-Gym Initial** \_\_\_\_\_

This class is designed for 2 & 3 year olds and one parent or guardian. The parent is responsible for assisting their child with the activities and concepts presented by the instructor. The parent's participation will facilitate the child's awareness of what is expected of them, and will help to maintain a safe environment. **Only one parent may participate with the child.** All other family members and friends must observe from the lobby. Adults must also sign a release to be in the gym area with their child.

**Holidays & Weather Related Cancellations Initial** \_\_\_\_\_

If your child has a class that lands on a holiday, or the gym is closed due to the weather; your child's class will be rescheduled. Holidays are listed on the schedule. Weather cancellations will be on the answering machine and on PLG 13.

I have read and understand the above policies. Signature \_\_\_\_\_

Date \_\_\_\_\_

## Safety is Important at Fit Kids Sports Center

Safety is a primary concern in our program. We teach the participants their limitations and follow progressions for the safest way of learning skills. We try to eliminate accidents, **but due to the nature of the activities at Fit Kids Sports injury can occur.** We will review the safety rules with your child, and we encourage you to also go over them.

\*All participants need to wear clothing in which they can move about. Leotards are preferred for those participating in gymnastics classes. Jogging shorts and tight fitting shirts are acceptable for cheerleaders and others. (Shirts need to fit tight so they do not obstruct the view of the participant when tumbling.)

\*Long hair must be tied back.

\*Jewelry must be removed. **No belly-button rings or dangle earrings.**

\*No blue jeans or pajama pants are permitted.

\*Sports bras are not acceptable.

\*Participants must stay in the lobby until their class starts.

\*No one is allowed on the equipment without the supervision of an instructor.

\*Participants need to be aware of the other classes which are going on in the gym.

When moving to another area of the gym, they need to stay out of the path of others.

\*Horseplay and unruly conduct is not acceptable.

\*Participants must stay with their class and only leave the gym with permission of the coach.

\*No one over the age of 21 is allowed on the equipment.

\*Parents should not coach from the viewing windows. This is distracting and unsafe to our participants.

\*Students should not practice tumbling skills at home. Proper space and matting are not available in the home and injuries can occur. Stretching and conditioning can be done at home.

REMEMBER: SAFETY COMES FIRST! THE LEARNING ENVIRONMENT IS MORE CONDUCTIVE WHEN EVERYONE BECOMES SAFETY CONSCIOUS.

### WARNING

**By the very nature of the activity, gymnastics and gymnastics related activities carries a risk of physical injury. No matter how careful the participant, no matter how many spotters are used, no matter what height is used or what landing surface exists, the risk cannot be eliminated. Risk can be reduced but never eliminated. The risk of injury includes minor injuries such as bruises, and more serious injuries such as broken bones, dislocations, and muscle pulls. The risks also includes catastrophic injuries such as permanent paralysis or even death from landing or falls on the back, neck, or head.**

\*\*\*I have read the rules and understand them fully.

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

Participant Signature \_\_\_\_\_ Date \_\_\_\_\_