

Lebanon Fit Kids

Rules and Policies

Participant _____ Telephone _____

Parents
Name _____

Insurance and Policy

Registration Fee: \$35.00 Initial _____

The registration fee is a \$35.00 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 _____

Lebanon Fit Kids operates on a 4 week schedule. **ALL PARTICIPANTS WILL BE REQUIRED TO HAVE A CREDIT CARD OR DEBIT CARD ON FILE AT REGISTRATION.** This card will be used to automatically draft your child's tuition for the session. If you do not want the fee drafted out of your account; then a payment **MUST** be made by the last day of the previous session. Fees are non-refundable. The draft dates are indicated on your Fit Kids calendar.

Make Ups Initial _____

As a courtesy service to our recreational students, we will 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 without paying for that session. If you sign your child up for a make up class and do not show, your child **will lose** that make-up. Make ups will only be scheduled in classes that are not full. **THERE ARE NO MAKE UP CLASSES FOR OUR TEAM MEMBERS.** Fit Kids will provide make-ups for days in which the gym is scheduled to be closed.

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. **FOR THE SAFETY OF YOUR CHILD, PLEASE DO NOT TRY TO COACH OR INSTRUCT YOUR CHILD WHEN OBSERVING.**

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. The holidays that we will be closed will be listed. Weather cancellations will be on the answering machine.

I have read and understand the above policies.
Signature _____

Date _____

Safety is Important at Lebanon Fit Kids

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 their 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 _____