

Youth Fitness Insurance Waiver



Youth Fitness Enrollment/Payment

A waiver is needed for each individual. Please fill this out legibly in case we need your contact information. If you do not want to be contacted in the future, please indicate this on the waiver and we'll gladly respect your request. Please come in or call in ahead of time to sign up in advance for all classes. Payment is due before the class is taken. Those wishing to sign up for a camp or workshop will secure a space upon receipt of payment. Individually scheduled sessions will only be officially scheduled when payment is received in full. Those that cancel individually scheduled sessions less than 24 hours before the time of the class will not receive a refund of payment. All checks must be payable to Frog's Fitness and have a current address and phone number.

Class Policies

- Students may only touch/use equipment specifically used for their class
- Please bring a water bottle for your child so they are properly hydrated during class
- Classes at the rock climbing wall and in the group fitness studio may be observed from the lobby
- All rock climbing classes are limited to four children per instructor. Private, semi-private and group classes may be scheduled for any youth activity
- No running on the workout floor
- If you're not a member of Frog's Fitness, you'll need to fill out a waiver for yourself if you're on the club premises for any length of time

Frog's Fitness Dress Code

- Wear tennis shoes for fitness, rock climbing and hip hop (no high heeled tennis shoes)
- Hair must be pulled out of face for dance classes
- Jazz shoes are recommended for jazz class
- Sweatpants, shorts, or dance pants are appropriate (no jeans will be permitted)
- No gum or food is allowed in the studio

For more information on Youth Fitness, please contact Mary Griffin at 760/942-3000 or mary.griffin@frogsfit.com.

Insurance Waiver Member Non-member

Parent/Guardian Information

Child's last name: _____ First name: _____

Age, date of birth: _____

Health conditions: _____

E-mail address: _____

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home phone: _____ Work phone: _____

Emergency contact: _____ Emergency phone number: _____

I have enrolled my child in a program of physical activity including, but not limited to aerobics, dance, rock climbing and circuit training offered by Frog's Fitness. I hereby affirm that he/she is in good physical condition and does not suffer from any disability that prevents or limits his/her participation in this exercise program. In consideration of my child's participation in a Frog's Fitness program, I hereby release Frog's Fitness (employees and owners), from any claims, demands and causes of action arising from his/her participation in the exercise program. I realize there are physical risks when participating in a program of physical activity. I hereby release Frog's Fitness from any liability now or in the future including, but not limited to, pulls or tears, broken bones, shin splints, heat prostration, knee/lower back/foot injuries and any other illness, soreness or injury however caused, occurring during or after my child's participation in the exercise program.

I have read, understand and accept all policies.

Parent's signature: _____ Date: _____

Referred By: _____