

Hanna Ranch Elementary



Volleyball – 6 Weeks for \$60 - For 1 hour, kids will learn these basic volleyball skills: hitting, striking, setting and passing. Your child will also learn the correct way to jump, block and dig the volleyball. Serving is always the hardest skill to learn and we will certainly be covering that as well. Please meet on the Black Top!

Mondays – 9/24, 10/1, 10/8, 10/15, 10/22 & 10/29 – 6 Weeks

Hip Hop Dance - 6 Weeks for \$60 - Your children will learn the style and movement that mixes pop and hip hop dance to the modern music of today, while learning all the latest hip hop moves of today. This class will also increase your strength and flexibility. The children will perform for their families on the last day of class. Meet in MPR

Fridays – 9/28, 10/5, 10/12, 10/19, 10/26 & 11/9 – 6 Weeks

Times - 1st – 3rd – 2:25 – 3:25 PM & 4th – 5th – 2:45 – 3:45 PM

Register your 1st – 5th Graders now!

Register on-line at www.fitkidsamerica.org or please make checks payable to Fit Kids America and send form & fee to:

**Fit Kids America
272 Brady St.
Martinez, CA 94553**

Questions? Call Keith at 925-989-2577 or keith@fitkidsamerica.org

STUDENT'S NAME

DATE

ADDRESS & ZIP CODE

TELEPHONE NUMBER/CELL PHONE

BIRTHDAY

SCHOOL/TEACHER/GRADE

SESSION CLASS

PARENT'S SIGNATURE

E-MAIL ADDRESS

PERSONS AUTHORIZED TO PICK UP MY CHILD MY CHILD RETURNS TO ONSITE CHILD CARE: YES NO

PERTINENT MEDICAL CONDITION(S)

PAYMENT METHOD: CHECK NO: _____

CREDIT CARD: MC VISA

CREDIT CARD NO: _____ EXP DATE: _____ CSC # _____

CARD HOLDER'S NAME: _____

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 certain movements, 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 not limited to theft, fire, and the simple negligence of the Released Parties.