



2011 Summer Camp & Swim Guide

JUNIOR TENNIS CAMP

DIGITAL LEARNING ADVANTAGE - AGES 6-14*

Weekly, June 13-Aug 19; 9:00am-Noon**

Youth at any experience level learn tennis fundamentals and progress rapidly in this fun outdoor camp that instills proficiency and a lifetime love for the game. Up-to-date tennis instruction methods encourage tennis excellence and quicker skill adoption.

Camp includes:

- Motivational instruction features comprehensive stroke, footwork & mental development with emphasis on sportsmanship and teamwork.
- Sessions begins with dynamic warm ups, and include development of key motor skills, locomotion, and modern footwork patterns. Tennis skill learning and drilling follows with practice in game type situations.
- Kinesthetic aides (feeling the shot), targets & game-based visual methods are used extensively
- USTA Quick Start balls and lower nets are featured for appropriate skill levels to increase confidence and speed of learning.
- Exclusive– advanced digital video training using the Olympic Dartfish system for stroke review and analysis with stop-motion, hi-def technology. Campers get a digital stroke analysis & take-home a personal stroke map CD of his/her game.
- Healthy daily snack and graduation certificate included.
- Award winning USPTA Level 1 & 2 certified tennis instructors.
- Curriculum designed and delivered by Marc Moran, USPTA Tennis Director with 27 years of successful junior tennis coaching experience and instruction.

*See pg. 2 for ages 14-18, Junior Competitive Tennis Intensive.

**Limited availability extended care option, 8a-6p

\$210/tennis member; \$259/fitness member or guest; \$130/extended care adder. Multi-week or multi-sibling discount: saves 5% off Tennis Camp.

Register at the Tennis Desk, 463-2822, x507

CLUBSPORT CAMP

AGES 5-12 YEARS

Weekly, June 13-August 26; 9:00am-4:00pm*

Keep kids busy and active this summer with soccer, basketball, rock wall, racquetball, handball, dodgeball, kickball and other gym games. Plus, swimming, crafts, movies, weekly waterslides or obstacle courses, and much more! Daily snack included.

Weekly Themes:

- Jun 13:** 60-seconds to Win It! **Jun 20:** Going Green,
- Jun 27:** Magic & Mystery **Jul 5:** Holiday,
- Jul 11:** "cBay" Week **Jul 18:** Come to Your Senses
- July 2:** Bring on the Drama **Aug 1:** Now We're Cooking
- Aug 8:** Challenge Week **Aug 15:** End-of-Summer Madness
- Aug 22:** No Theme– Anything Goes Week!

*Extended care option, 8am-6pm

\$220/member; \$270/with extended care
\$260/standard; \$310/with extended care
\$270/guest; \$320/with extended care

One-day w/ext. care: \$70/preferred; \$85/standard,
\$90/guest; \$10/adder for same day registration
(limited availability)

Register at the Activities Desk, 463-2822, x570

MISS LAURA'S SUMMER DANCE

BOYS & GIRLS – AGES 3-8

Six Weeks, June 20-Aug 1

Join Miss Laura for this dance series for boys and girls. These classes will keep young dancers on their toes through the summer months.

BALLET & JAZZ – Ages 3-5 years
Mondays, 11:00-11:45am
(No Class Jul 4, Make-up Aug 1)

JAZZ TECHNIQUE – Ages 5-8 years
Tuesdays, 11:00-11:45am

HIP HOP & JAZZ – Ages 5-8 years
Wednesday, 4:00-4:45pm

\$75/preferred, \$105/standard, \$115/guest
Register at the Activities Desk, 463-2822, x570

Preferred: Membership includes child.
Standard: Child not included in membership.
Guest: Non-member parent & child.



2011 Summer Camp & Swim Guide

JR. COMPETITIVE TENNIS INTENSIVE

ADVANCED TENNIS TRAINING - AGES 14-18

Weekly Clinic, June 13-Aug 19

Mon, 1:00-4:00pm, Wed & Fri 1:00-3:00pm

These weekly platinum-level clinics are for serious players who aspire to, or are currently playing at the high school JV or Varsity level; or for players with sectional or national ranking. Only 4 to 8 players will be accepted each week.

Includes:

- Comprehensive advanced-level clinics on Monday and Wednesday cover stroke production, footwork, strategy, and tactics.
- Weekly progressive fitness program with a certified personal trainer covering 32 key exercises that are ideal for tennis players.
- Dartfish digital video software is used extensively for hi-def, stop-motion visual feedback at stages through the summer to evaluate progress and best technique. A digital game map is filmed and provided to each player upon completion.
- Mental toughness match play on Fridays simulates actual competitive match play.
- Competition reference binder with exclusive forms, charts and strategy information.

Only qualified players may participate. Non-members on a space available basis.

\$99/tennis member, \$119/fitness member, \$129/guest. Fills quickly due to low instructor/student ratio.

Register at the Tennis Desk, 463-2822, x507

JELLYBEAN CAMP

AGES 3-5 YEARS

Monday-Thursday, 9:00am-Noon*

June 20-23 *Explore the Seasons*

July 18-21 **(1-4pm) Circus Adventure*

August 15-18 *What I Want to Be...*

Little ones can enjoy the camp experience with activities such as circle time, games, crafts, songs, and much more. Light snacks will be provided daily.

*\$120/preferred; \$160/standard, \$170/guest
Extended care not available. Register at the
Activities Desk, 463-2822, x570*

BACK YARD THEATRE CAMP

AGES 7-12 YEARS

Monday-Friday, 1:00-4:00pm*

June 20-24

Children will explore their theatrical creative side with dramatic skits and plays. Daily themes include improvisation and musicals. Campers will also assist with set design and costumes. The week ends with a mini performance that parents may attend.

**Limited availability extended care option, 8a-6p*

*\$160/preferred, \$200/standard, \$210/guest;
\$130/adder for extended care*

Register at the Activities Desk, 463-2822, x570

CRAFT CAMP

AGES 5-12

Monday-Friday, 9:00am-Noon*

June 27-July 1

Come discover the crafty in you! Each day a new craft technique will be introduced using fabrics, paper, paints, clay and much more. By the end of the week, each camper will have his/her own beautiful craft collection.

**Limited availability extended care option, 8a-6p*

*\$160/preferred, \$200/standard, \$210/guest;
\$130/adder for extended care,
\$10/adder for same day registration (limited availability)*

Register at the Activities Desk, 463-2822, x570

<p>Preferred: Membership includes child. Standard: Child not included in membership. Guest: Non-member parent & child.</p>



2011 Summer Camp & Swim Guide

JUNIOR LIFEGUARD CAMP

AGES 9-13 YEARS

Monday-Friday, 10:00am-3:00pm*

Weeks of: June 27, July 11, July 25 & August 8

Learn the basics of how to lifeguard in this fun and confidence building 5-day clinic. Kids will learn lifesaving skills and water safety techniques while getting hands-on experience using lifeguard equipment. First aid and CPR are also introduced.

In addition, participants will workout like a lifeguard splitting time between water and land-based workouts with daily stretching, cycling, running, strength training, swimming, and active games. Participants will also shadow a certified ClubSport lifeguard on-the-job, and enjoy end-of-day fun time around the pool. Lifeguard visors, tank tops, and whistles will be included.

**Limited availability extended care option, 8a-6p*

*\$225/preferred, \$270/standard, \$280/guest;
\$130/adder for extended care
\$10/adder for same day registration (limited availability)*

Register at the Activities Desk, 463-2822, x570

SCIENCE MANIA CAMP

AGES 5-10 YEARS

Monday-Friday, 1:00-4:00pm*

July 11-15

Come explore the wacky world of science with special experiments and projects each day. We will experiment with many fun and fascinating projects using materials like food, water, nature and more.

**Limited availability extended care option, 8a-6p*

*\$160/preferred, \$200/standard, \$210/guest;
\$130/adder for extended care,
\$10/adder for same day registration (limited availability)*

Register at the Activities Desk, 463-2822, x570

LITTLE PRINCESS DANCE CAMP

AGES 4-6

Monday-Thursday, 9:00-Noon*

July 11-14

Calling all princesses! Dream the week away while enjoying four different princess themes. Each day includes a warm-up, dance instruction, dance games, snack, story time, and crafts. Princess attire welcome but not required.

Daily Themes– Mon: Disney Princess, Tue: Fairy Princess, Wed: Under Sea Princess, Thu: Barbie Princess (bring your Barbie for a tea party).

**Limited availability extended care, 8a-6p (Ages 5yrs+ only. Adds full ClubSport Camp day on Friday.)*

*\$120/preferred, \$160/standard, \$170/guest;
\$130/adder for extended care,
\$10/adder for same day registration (limited availability)*

Register at the Activities Desk, 463-2822, x570

SO YOU KNOW YOU CAN DANCE?

BOYS & GIRLS AGES 7-12

Monday-Friday, 1:30-4:00pm*

July 18-20

Join Miss April as boys and girls enjoy dancing fun like the TV show, "So You Think You Can Dance!" A variety of dance styles will be introduced including hip-hop, contemporary, jazz, lyrical and salsa. Kids should come ready to learn many new dance moves with fun and upbeat music. Jazz or soft shoes required.

**Limited availability extended care option, 8a-6p*

*\$160/preferred, \$200/standard, \$210/guest;
\$130/adder for extended care,
\$10/adder for same day registration (limited availability)*

Register at the Activities Desk, 463-2822, x570

Preferred: Membership includes child.
Standard: Child not included in membership.
Guest: Non-member parent & child.



2011 Summer Camp & Swim Guide

YOUTH SPORTS & FITNESS CAMP

AGES 10-14

Monday-Friday, 1:00-4:00pm*

July 18-22

August 1-5

Kids will love this sports camp with a certified trainer, who prepares the kids for a range of sports activities in this fun and active camp program that includes strength & cardio vascular training with flexibility work, team building and agility training. Activities include rock climbing, cycling, tennis, basketball, racquetball and more.

**Limited availability extended care option, 8a-6p*

\$199/preferred, \$249/standard, \$259/guest;

\$130/adder for extended care,

\$10/adder for same day registration *(limited availability)*

Register at the Activities Desk, 463-2822, x570

COOKING WITH MISS JAMIE

AGES 6-10

Monday-Friday, 10:00am-1:00pm*

July 25-29

If you love preparing food, this camp is for you! We will establish Chef basics while creating our own delicious entrée and side dishes for an enjoyable lunch each day! Prepare your taste buds for a yummy adventure!

**Limited availability extended care option, 8a-6p*

\$160/preferred, \$200/standard, \$210/guest;

\$130/adder for extended care

**All allergies should be clearly on your registration form.

“NO GIRLS ALLOWED” BOY’S CAMP

BOYS AGES 5-8

Monday-Friday, 1:00-4:00pm*

August 1-5

Ahoy Mates! Come join your friends for this boys-only camp where they will discover hidden treasures, experience the fast pace of the Indy 500, train like an all-star and get down and dirty in the trenches. Crafts and snacks daily.

**Limited availability extended care option, 8a-6p*

\$160/preferred, \$200/standard, \$210/guest;

\$130/adder for extended care,

\$10/adder for same day registration *(limited availability)*

Register at the Activities Desk, 463-2822, x570

ALL ABOUT BEING A GIRL CAMP

GIRLS AGES 5-10

Monday-Friday, 9:00am-Noon*

August 8-12

A special camp for girls only! She'll feel like she's in a fairy tale enjoying a spa day while getting in touch with her inner beauty. Fashion day, crafts, games and much more girly fun!

**Limited availability extended care option, 8a-6p*

\$160/preferred, \$200/standard, \$210/guest;

\$130/adder for extended care,

\$10/adder for same day registration *(limited availability)*

Preferred: Membership includes child.
Standard: Child not included in membership.
Guest: Non-member parent & child.



2011 Summer Camp - FAQ

Camp Hours:

ClubSport Camp: 9am-4pm; Tennis Camp: 9am-12pm; Other Camps as noted. See the next question for information about the Extended Care option.

Is Extended Care available?

Yes. Extended Care is a fee-based option for children 5 years and older. Extended Care runs from 8:00am to 6:00pm. When used with a shorter Specialty Camp, extended care allows your child to join ClubSport Camp either before or after the Specialty Camp and provides a full camp day. In the case of a four-day specialty camp, extended care also provides a full fifth day with ClubSport Camp.

Ages for Camps:

ClubSport Camp: 5-13 years; Tennis Camp: 7-17 years; Other Camps as noted.

What to wear?

Wear comfortable clothing for physical activities and please wear soft soled shoes. Also send your child with sunscreen already applied everyday. **Tennis Camp**: tennis racquet, court shoes, hat and sunscreen.

What to bring?

For ClubSport and some Specialty Camps: bring a bathing suit, swim vest or floaties if needed, hat, sunscreen and lunch, plus extra snack if in extended care.

Do I need to pack a lunch?

Yes, or you may purchase one from our preset camp lunch menu for \$6/lunch. Preset lunches can be arranged each day at camp check-in and may be paid with cash, check or members may house charge.

Also, one daily snack is provided. We recommend you pack extra snacks for any child enrolled in extended care.

Does my child need to bring a swimsuit?

Yes, for ClubSport Camp, Life Guard Camp & Extended Care, bring a swim suit each day. There will be swimming or water play almost every day.

What if my child doesn't swim? We will offer an alternative activity

Cancellation:

ClubSport/Specialty Camps: Two week notice for a full refund less a \$30 processing fee.

Tennis Camp: 50% refund with two week cancellation.

Late Pick-up Fee: \$1.00 per minute.

Staff to Child Ratio:

ClubSport/Specialty Camps: 1-to-10 or better, 2-staff minimum; Tennis Camp: 1-to-6

Please have your child **arrive with sunscreen already applied** because we spend considerable time outside everyday. **Pack extra sunscreen** for the afternoon.

Any other questions:

Please contact Junior Program Director, Dina Weir, 925-225-2406, dweir@clubsports.com;

or Tennis Director, Marc Moran, 925-225-2423, marc.moran@clubsports.com



Swim Programs – Summer 2011

SWIMMING LESSONS FOR CHILDREN & ADULTS

Group Swimming Lessons – Ages 3 -17 years

Small group lessons for PRESCHOOL (ages 3 - 6 yrs) and YOUTH (ages 7 - 17 yrs) are offered in four experience levels. Lessons are 25 minutes with a maximum of 4 swimmers for all levels except Preschool-1 with maximum of 3 swimmers. PARENT/TOT lessons with participation by one parent are offered for children age 3 months to 3 years with a ratio of 1:6.

Lessons meet 4-times in a two-week session. You may select lessons on Monday/Wednesday or Tuesday/Thursday. Saturday & Sunday lessons may also be offered. Inquire at the Activities Desk.

Private & Semi-Private Swimming Lessons – Children & Adults

One-with-one (private) and one-with-two (semi-private) lessons with qualified instructors are offered for adults and children. Each lesson provides specialized instruction by a dedicated swim instructor to meet the student at his current skill level and help reach improved skills to achieve his/her personal swim goals. Lessons are designed for all swimming abilities, ages 3 to adult. Elite swim coaching is also available for beginner, advanced and competitive swimmers, and tri-athletes.

Swimming Lesson Rates:

<u>Group Lessons:</u> (up to 4 people)	<u>Private Lessons:</u> (1 person)	<u>Semi-Private Lessons:</u> (2 persons)
Four Lesson Series: \$60/preferred, \$80/standard	\$40/lesson; \$140/four-pack* Elite Coaching: \$43/lesson*	\$55/lesson; \$195/four-pack* Elite Coaching: \$60/lesson*

*Standard rates apply for non-member child of a member.

(Split billing not permitted).

SUMMER JUNIOR SWIM CLINICS – Ages 5-17

Non-team swimmers will learn competitive swim strokes and improve their swimming technique under the direction of our swim team coaches. To qualify, swimmers must be able to swim one pool-length without stopping. Sessions are offered in two levels based on age. Admission is based on first come, space available basis.

Three, 2-week sessions are offered Tuesday thru Friday. Each session concludes with a fun “mini-meet” where swimmers will compete against their program peers. Participants receive a ribbon for each event they enter and no points are kept.

Dates & Rates:

June 14-24 - Sign-ups open May 17
July 5-15 - Sign-ups open June 7
July 19-29 - Sign-ups open June 21

Two-week sessions run Tuesday-Friday.

Level 1: Ages 5-7yrs,
Day/Time: 10:45 -11:15am,
Rates: \$65/preferred, \$110/standard

Level 2: Ages: 8-17yrs,
Day/Time: 11:15am -12 Noon,
Rates: \$75/preferred; \$120/standard

Preferred: Membership includes child.
Standard: Child not included in membership.

See the Activities Desk, x570 to register for all summer swimming programs.



2011 SUMMER CAMP REGISTRATION & LIABILITY WAIVER FORM

Please fill out registration form completely. **One Form Per Child.**

ClubSport Camp - Ages 5-12 yrs

CAMP (9am-4pm): \$220/preferred, \$260/standard, \$270/guest
WITH EXT. CARE (8am-6pm): \$270/preferred; \$310/standard; \$320/guest
ONE-DAY W/EXT. CARE (limited): \$70/preferred; \$85/standard; \$90/guest
SAME DAY REGISTRATION (space available only): \$10 adder
RESERVE ENTIRE SUMMER, GET 10% OFF. NO REFUNDS. CLUBSPORT CAMP ONLY.

- June 13-17 Ext Care July 18-22 Ext Care
- June 20-24 Ext Care July 25-29 Ext Care
- June 27-Jul 1 Ext Care Aug 1-5 Ext Care
- July 5-8 (prorate) Ext Care Aug 8-12 Ext Care
- July 11-15 Ext Care Aug 15-19 Ext Care
- Aug 22-26 Ext Care

Single Days: _____

Miss Laura's Summer Dance Series - Ages 3-8 yrs

DANCE SERIES: (Six-Weeks) \$75/preferred, \$105/standard; \$115/guest
 Mon, June 20- Aug 1 - (Ages 3-5) Ballet & Jazz, 11-11:45am
 Tue, June 21- July 26 - (Ages 5-8) Jazz Technique, 11-11:45am
 Wed, June 22- July 27 - (Ages 5-8) Hip Hop/Jazz, 4-4:45am

Back Yard Theatre Camp - Ages 5-9 yrs

THEATRE CAMP (1-4pm): \$160/preferred, \$200/standard; \$210/guest
EXTENDED CARE ADDER (8am-6pm): \$130/person (limited availability)
SAME DAY REGISTRATION: \$10 adder (space available only)
 June 20-24 Ext Care

Junior Life Guard Camp - Ages 9-13 yrs

CAMP(10am-3pm): \$225/preferred, \$270/standard; \$280/guest
EXTENDED CARE ADDER (8am-6pm): \$130/person (limited availability)
SAME DAY REGISTRATION: \$10 adder (space available only)
 Jun 27-Jul 1 Ext Care Jul 25-29 Ext Care
 Jul 11-15 Ext Care Aug 8-12 Ext Care

Craft Camp - Ages 5-12 yrs

CRAFT CAMP(9am-Noon): \$160/preferred, \$200/standard; \$210/guest
EXTENDED CARE ADDER (8am-6pm): \$130/person (limited availability)
SAME DAY REGISTRATION: \$10 adder (space available only)
 June 27-Jul 1 Ext Care

Little Princess Dance Camp - Ages 4-6 yrs, Mon-Thu

CAMP (9am-Noon): \$120/preferred, \$160/standard; \$170/guest
EXTENDED CARE ADDER (8am-6pm): \$140/person (limited availability)
 July 11-14 (M-Th) Ext Care (Ages 5+Only)

Science Mania Camp - Ages 5-10 yrs

CAMP (1-4pm): \$160/preferred, \$200/standard; \$210/guest
EXTENDED CARE ADDER (8am-6pm): \$130/person (limited availability)
SAME DAY REGISTRATION: \$10 adder (space available only)
 Jul 11-15 Ext Care

Junior Tennis Camp - Ages 6-14 - Register at Tennis Desk.

\$210/tennis mbr; \$259/fitness mbr & guest; Multi-wk & sibling 5% off.
EXT. CARE ADDER (8am-6pm): \$130/person (book at Activities Desk).
Tennis Camp: Mon-Fri, 9am-Noon; Ext. care makes for a full camp day.

- June 13-17 Ext Care July 18-22 Ext Care
- June 20-24 Ext Care July 25-29 Ext Care
- June 27-Jul 1 Ext Care Aug 1-5 Ext Care
- July 5-8 (prorate) Ext Care Aug 8-12 Ext Care
- July 11-15 Ext Care Aug 15-19 Ext Care

Junior Tennis Intensive - Ages 14-18 - Register at Tennis Desk.

TENNIS INTENSIVE: (1-4pm): \$99/tennis mbr; \$119/fitness mbr, \$129/guest.

- June 13-17 July 18-22
- June 20-24 July 25-29
- June 27-Jul 1 Aug 1-5
- July 5-8 (prorate) Aug 8-12
- July 11-15 Aug 15-19

Jelly Bean Camp - Ages 3-5 yrs, Mon-Thu

JELLY BEAN CAMP (M-Th): \$120/preferred; \$160/standard; \$170/guest
 June 20-23 (9a-12p) July 18-21 (1-4p) Aug 15-18(9am-12p)

So You Know You Can Dance Camp - Ages 7-12 yrs

DANCE CAMP (1:30-4pm): \$120/preferred; \$160/standard; \$170/guest
EXTENDED CARE ADDER (8am-6pm): \$130/person (limited availability)
SAME DAY REGISTRATION: \$10 adder (space available only)
 July 18-22 Ext Care

Youth Sports & Fitness Camp - Ages 10-14 yrs

SPORTS & FITNESS (1-4pm): \$199/preferred, \$249/standard; \$259/guest
EXT CARE ADDER (8am-6pm): \$130/person (limited availability)
 July 18-22 Ext Care
 Aug 1-5 Ext Care

Cooking Camp with Miss Jamie - Ages 6-10 yrs

(10am-1pm): \$160/preferred, \$200/standard; \$210/guest
EXTENDED CARE ADDER (8am-6pm): \$130/person (limited availability)
 July 25-29 Ext Care *Note allergies on reg. form

No Girls Allowed Boys Camp - Ages 5-8 yrs

BOY'S CAMP (1-4pm): \$160/preferred, \$200/standard; \$210/guest
EXT. CARE ADDER (8am-6pm): \$130/person (limited availability)
 Aug 1-5 Ext Care

All About Being A Girl Camp - Ages 5-10 yrs

GIRL'S CAMP (9am-Noon): \$160/preferred, \$200/standard; \$210/guest
EXTENDED CARE ADDER (8am-6pm): \$130/person (limited availability)
SAME DAY REGISTRATION: \$10 adder (space available only)
 Aug 8-12 Ext Care

Cancellations require \$30 processing fee or 50% non-refundable deposit for Tennis Camps. No cancellations accepted less than 14-days prior to session start date. Receipt of registration does not ensure Tennis Camp placement. Call Tennis Desk at 925-463-2822 x507 to confirm placement.

I have read and understand the policies and conditions of this activity and signify my agreement and approval with my initials. Initial: _____

Child's Name: _____ Age: _____

Parent's Name: _____ Phone: (____) _____

Member/Credit Card #: _____ Exp. _____

Parent Signature: _____ Date: ____/____/____

Release & Waiver of Liability must be completed on back!

Return completed forms to the Activities Desk, x570 or Tennis Desk, x507.



**MINOR PARTICIPANT RELEASE AND WAIVER OF LIABILITY,
ASSUMPTION OF RISK AND INDEMNITY AGREEMENT**



The undersigned hereby certifies that I am the legal parent/guardian of _____, a minor participant (hereinafter the "PARTICIPANT") in ClubSport or Renaissance ClubSport (hereinafter the "CLUB") Kid's Summer Camps. In consideration of being permitted to enter the CLUB's premises and being granted access to the CLUB's facilities, amenities, services, and being permitted to participate in any of the activities at the CLUB, the undersigned:

1. Agrees that he/she will instruct the minor PARTICIPANT that he or she must adhere to the CLUB's Rules of Conduct (as published, but not limited to, its Member Handbook, Membership Agreement and posted signage) at all times when participating in any CLUB activity.
2. Agrees that any damages caused by the PARTICIPANT will be paid by the undersigned to the owner(s) of the damaged item(s).
3. Represents that the PARTICIPANT has medical coverage and has been released to participate in the activities conducted at the CLUB by his/her personal physician and understands that in the event of a medical emergency, the undersigned or the listed emergency contact person will be notified immediately, and if neither are available for consultation, grants permission to the CLUB to obtain medical treatment as deemed necessary.
4. Hereby releases, waives and discharges the CLUB, including its officers, agents, employees, managers, independent contractors, parent organizations, subsidiaries, affiliates and personnel ("Releasees") from, and agrees and covenants not to sue Releasees for, any claim, liability, or demand of any kind or on account of any personal injury, temporary or permanent disability, death, property damage, or other damages to PARTICIPANT or the undersigned, whether caused by the negligence of Releasees or otherwise, resulting from or in any way associated with the PARTICIPANT or undersigned's entry on the CLUB's premises or use of the CLUB's facilities, amenities, services, or participation in any of the activities at the CLUB whether using exercise equipment or not, whether exercising or not, or whether on the premises or not. Further, the undersigned agrees and covenants to indemnify Releasees for, and hold Releasees harmless, from any such claims, liabilities or demands.
5. HEREBY VOLUNTARILY ASSUMES ALL RISKS of personal injury, including temporary or permanent disability or death, property damage, economic losses, and/or other damages to PARTICIPANT and/or undersigned resulting from or in any way associated with the PARTICIPANT or undersigned's entry on the CLUB's premises or use of the CLUB's facilities, amenities, services, or participation in any of the activities at the CLUB whether using exercise equipment or not, whether exercising or not, or whether on the premises or not.
6. Acknowledges and agrees that this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT is intended to be, and is, a complete release of any responsibility of Releasees for personal injuries and/or temporary or permanent disability or death and/or property loss/damage sustained by the PARTICIPANT or undersigned while on the CLUB's premises or while using the CLUB's facilities, amenities, services or while participating in any of the activities at the CLUB whether using exercise equipment or not, whether exercising or not, or whether on the premises or not; and undersigned further acknowledges and agrees that it is specifically intended to and does include release, waiver, assumption of risk and indemnity as to premises liability claims such as (by example, not limitation) slip and falls and/or trip and falls at the CLUB.
7. Hereby grants the CLUB, and those acting on behalf of the CLUB with authority and permission, the irrevocable and unrestricted right and permission to use, re-use, publish, and re-publish photographic portraits or pictures of PARTICIPANT or in which PARTICIPANT may be included, in whole or in part, or composite or distorted in character or form without restrictions as to changes or alterations in conjunction with PARTICIPANT'S own or a fictitious name, or reproductions thereof in color or otherwise, made through any medium at his/her studios or elsewhere and in any and all media now or hereafter known for illustration, promotion, art editorial advertising trade or any other purpose whatsoever. PARTICIPANT'S parent/guardian also consents to the use of any printed matter in conjunction therewith. Participant's parent/guardian waives any right to inspect or approve the finished product or products and the advertising copy or other matter that may be used in connection therewith or the use to which it may be applied.

The undersigned confirms that he/she has read and understands this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT and acknowledges and agrees to its terms, and signs it freely and voluntarily.

Signature of Participant if over 12 _____ Date _____

Signature of Participant's Parent or Guardian _____ Date _____

Parent/Guardian Name _____

Home Number _____ Work Number _____

Emergency Contact _____ Phone Number _____

Participant's Name _____ Age _____

Allergies, or any other health conditions, if any _____