



OFFICE USE (Mark 1)

Gym_____

Open Swim_____

Gym & Swim_____

Date_____

Staff Initials_____

HOMESCHOOL GYM/SWIM/LEARN & PLAY

Student's Name_____

Address_____City_____Zip_____

Date of Birth_____Age_____

Parent/Guardian Name(s) _____

Home/Cell Phone_____Email _____

Emergency Contact (Different from above)_____

Any allergies or health problems_____

WAIVER & RELEASE OF LIABILITY

Because physical exercise can be strenuous and subject to risk of serious injury, the club urges you to obtain a physical examination from a doctor before using any exercise equipment or participating in any exercise activity. You (each member, guest, or participant) agree that if you engage in any physical exercise activity, or use any club amenity on the premises or off the premises including any sponsored club event, you do so ENTIRELY AT YOUR OWN RISK. You agree that you are voluntarily participating in these activities and use of the facilities and premises and assume all risks of injury, illness, or death.

This waiver of liability includes without limitations, all injuries which may occur as a result of (A) Your use of all amenities and equipment in the facility and your participation in any activity, class, program, personal training or instruction (B) the sudden and unforeseen malfunctioning of any equipment (C) our instruction, training, supervision, or dietary recommendations and (D) Your slipping and/or falling while in the club, or on the club premises, including adjacent sidewalks and parking areas.

You acknowledge that you have carefully read this "Waiver and Release" and fully understand that it is a release of liability. You expressly agree to release and discharge the health club, and its affiliates, employees, agents, representatives, successors, or assigns from any and all claims or causes of action and you agree to voluntarily give up or waive any right you may otherwise have to bring a legal action against the club for personal injury or property damage.

If any portion of this release from liability shall be deemed by a court of competent jurisdiction to be invalid then the remainder of this release of liability shall remain in full force and effect and the offending provision or provisions severed here from.

By signing this release, I acknowledge that I have read, understand, agree to, and will abide by, all terms of this document. I further understand that this release cannot be modified orally.

PICTURE RELEASE: I DO/I DO NOT (circle one) give permission to have our picture appear in any media type coverage approved by Fitness Lifestyles.

Signature of Guardian

Date