



a fitness and athletic class just for girls in 1st -4th grades

Have your daughters join us for a fun active class filled with games, relays, obstacle courses, fitness stations, and activities that will improve fitness levels, agility, balance, quickness, core strength, flexibility and confidence while learning about the connection of the body and mind. Healthy eating, stress busting and self esteem are included curriculum topics. Participants will create neuromuscular connections that will benefit in any physical activity. All while having lots of fun!

Wednesdays, January 18-March 14 4:00-5:00

Wednesdays, March 28- May 23 4:00-5:00

(No class April 11)

Where: BIG LEAGUE DREAMS, 15 Fostertown Road, Medford, NJ

?’s contact cindyo@balancedathletics.com



www.balancedathletics.com
BE STRONG IN BODY & MIND

girls fit	Session I	9 weeks	Wed. 1/18- 3/14	\$105	_____
	Session II	8 weeks	Wed. 3/28-5/23	\$95	_____
Both Sessions prepaid:				\$190	

Participant Name:_____ **Age/Grade**_____

Address_____

Home Phone:_____ **Cell Phone:**_____

email:_____

Parent/Guardian:_____

Make checks payable and mail with forms to:

 **balanced athletics** po box 267 Moorestown, NJ 08057



medical release form

I hereby give my permission for any and all medical attention necessary to be administered to my above named child, in the event of an accident, injury, sickness, etc. under the direction of the person(s) listed below. I also hereby assume the responsibility for payment of any such treatment.

Person(s) to Notify if parents can't be reached:

Name: _____
Daytime Phone: _____ Cell Phone: _____
Name: _____
Daytime Phone: _____ Cell Phone: _____

consent to medical treatment

If the above named participant needs emergency medical treatment and neither parent nor the family doctor can be reached, consent is hereby granted for such emergency treatment as may be considered necessary in the opinion of the attending physician.

Signature of Parent/Guardian Print Name Date
Family Physician: _____
Address: _____
Phone: _____
Known Allergies: _____
Special Information Regarding Medical History _____

Insurance Provider _____ Policy # _____

waiver and release of liability for minor participants

In consideration of my child, being allowed to participate in any way in balanced athletics field hockey camp, the undersigned:

1. Acknowledge that my child is qualified, in good health and has no limiting conditions to participate in physical activities. If I observe any unusual significant concern in my child's readiness for participation and/or in the program or premise itself, I will remove my child from participating and notify the nearest official immediately;
2. Agree and understand that sport activities involve physical exertion, stretching, speed, and possible contact and that participation in these activities involve risks and could result in serious injury including permanent disability or death arising out of field conditions, player conduct, equipment, the participants actions or inactions or negligence, the actions or inaction's of others participating in the activities, the condition of where the activity takes place or the negligence of the "releasees" listed below, including unforeseen circumstances and random chance. I, myself, spouse and/or my minor child are fully aware of the risks associated with these sports and physical activities and knowingly and freely assume all such risks both known and unknown and assume full responsibility for my child's participation.
3. I, for myself, my spouse, my child, and on behalf of my/our heirs, family, assigns, personal representatives, estate, and next of kin, release, waive, discharge and covenant not to sue and agree to indemnify, save and hold harmless Balanced Athletics, LLC, its respective administrators, directors, coaches, other employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event: ("Releasees"), with respect to any and all injury, disability, death or loss or damage to person or property incident to my child's involvement or participation in these programs, whether arising from the negligence of the releasees or otherwise, to the fullest extent permitted by law.
4. I represent and warrant I carry my own health and liability insurance coverage in amounts sufficient to provide adequate compensation for any losses or expenses incurred due to injury while my minor child is a participant at balanced athletics camps.

Participant's Name: _____ Date: _____
_____ Date: _____

Parent or Guardian (Signature/Relationship) _____