



# fitkidsAmerica®

MAKING FITNESS FUN

## AFTERSCHOOL PROGRAMS ON CAMPUS AT BONSCALL ELEMENTARY! Session 1

Minimum days – Classes will be held 5 minutes after release  
Classes not held: 11/11, 11/22-26, 12/20-31 | Class held early 10/22, 10/26, 10/27, 10/28, 10/29

### MULTI SPORT

Never get bored in this Multi Sport class! Class features will include a new sport every week, weekly scrimmages, speed drills, endurance training, agility obstacles, balance testing, experienced based learning and play making class. Daily activities to include traditional sports like Flag Football, Basketball, & Soccer. To mix up the fun we'll have Dodgeball, Field Games and more!

**GRADES K – 5<sup>th</sup>**  
**9 classes \$111**

**Tuesdays 2:35-3:35**  
**Bonsall Elementary Field**

**October 19th – January 4th**

### BASKETBALL

Learn how to improve your shooting, passing, catching and rebounding skills! Players learn positioning, dribbling, ball handling and team concepts. Instruction includes offensive tactics such as shot selection and scoring while defensive tactics emphasize positioning and pressure from various areas of the court.

**GRADES K – 5<sup>th</sup>**  
**9 classes \$111**

**Wednesdays 2:35-3:35**  
**Bonsall Basketball Courts**

**October 20th – January 4th**

### BEARS CHEER

Show your spirit! Learn all the cheer basics during this fun class! Cheer dances, chants, kicks and jumps are just part of the things you'll learn on your way to becoming a top notch cheerleader! Each week you'll add counts on to a cheer dance. At the end of the session they will cheer at a real game on the field! No uniform purchase necessary.

**GRADES K – 5<sup>th</sup>**  
**8 classes \$99**

**Thursdays 1:05 – 2:05**  
**Bonsall Elementary Blacktop**

**October 21st – January 6th**

### BEARS FLAG FOOTBALL

Ready for some football! Learn football basics through drills, obstacle courses and strength training with an emphasis on teamwork. Increase agility, speed and self-esteem. Intramural games will be played each class. No tackling, just fun! Super Bowl will be played on the last day of the session. Drills designed to accommodate all skills levels.

**GRADES K – 5<sup>th</sup>**  
**8 classes \$99**

**Thursdays 1:05 – 2:05**  
**Bonsall Elementary Field**

**October 21st – January 6th**

### SOCCER

During this one-hour class, kids will learn the following skills: kicking, dribbling, goalkeeping, passing and ball control. There will be drills where the instructor teaches the individual skills and scrimmages to put those skills to use. Shin guards recommended and cleats optional.

**GRADES K – 5<sup>th</sup>**  
**9 classes \$111**

**Fridays 2:35 – 3:35**  
**Bonsall Elementary Field**

**October 22nd – January 7th**

### TENNIS

Fit Kids America is pleased to offer a high-quality tennis program! We incorporate the USTA newly developed Quickstart program. QuickStart Tennis is an exciting new play format for learning tennis, designed to bring kids into the game by utilizing specialized equipment, shorter court dimensions and modified scoring, all tailored to age and size. This program develops sportsmanship, social skills and motor skills with an opportunity for enjoyment and challenge of the game of tennis for your child. It's the fast, fun way to get kids into tennis-- and keep them playing.

**GRADES K – 5<sup>th</sup>**  
**9 classes \$146**

**Fridays 2:35 – 3:35**  
**Bonsall Elementary Blacktop**

**October 22nd – January 7th**



## HOW TO REGISTER!

ONLINE: at  
[www.fitkidsamerica.org](http://www.fitkidsamerica.org) CALL:  
760-730-1115

E-MAIL: [info@fitkidsamerica.org](mailto:info@fitkidsamerica.org)  
MAIL: 5642 North Ocean Shore  
Blvd, Palm Coast, FL 32137

Kinders will be escorted to class!!





## REGISTRATION AND WAIVER FORM

### 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 dance routines, 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 now limited to theft, fire, and simple negligence of the Released Parties.

I further acknowledge that Fit Kids America may take or have taken still photographs and videotapes of participation in a program. These photographs and videotapes may include images of participants to the activities, and specifically may include images of me or my child(ren). I hereby give my unconditional consent, with no further consideration or notice to me, to any advertising or promotional use of such material, which may contain photographs or images of me or my child(ren) in it.

I acknowledge that Fit Kids America is not responsible for escorting my child(ren) to class.

I agree that I will pick up my child on time or within 5 minutes of the release time, otherwise I will be sent an invoice in the amount of \$5.00 per every 5-minute increment thereafter.

## Registro Y Renuncia Formulario

### LANZAMIENTO Y EXENCIÓN DE RESPONSABILIDAD

Yo deslindo de toda culpa alguna a Fit Kids América, sus oficiales, directores, empleados, agentes, propietarios, arrendatarios y franquicias en lo sucesivo de toda responsabilidad por lesión a mis hijos(a) causada en cualquier forma, incluyendo la negligencia de los mencionados en el renglon anterior, por la participación del niño en cualquier programa de Fit Kid América.

Reconozco que algunos programas en Fit Kids América están diseñados, a través del baile rutinas, concentrado en el sistema cardiovascular, flexibilidad, equilibrio, coordinación, muscular tonificación y resistencia. Las rutinas permiten un período de enfriamiento y calentamiento, para los niños Se aconseja el calentamiento y ritmo propios durante el curso de rutinas. Recomienda y aconseja consultar con mi médico con respecto a cualquier tipo de ejercicio para evitar cualquier tipo de lesion que hubiese tenido en el pasado o presente , enfermedad, problema cardiovascular, problema de rodilla o cualquier otra condición que puede afectar a mi hijo (a) participar y capacidad para tolerar el programa de ejercicio.

Además liberar a las partes de cualquier reclamación por pérdidas o daños a bienes personales o por lesiones personales por cualquier causa relacionada en los programas de Fit Kids América , incluyendo pero ahora limitado a robos, incendios y simple negligencia de las partes lanzado.

Además reconozco que Fit Kids América puede tomar o han tomado aún fotografías y cintas de vídeo de la participación en un programa. Estas fotografías y cintas de vídeo pueden incluir imágenes de los participantes a las actividades y específicamente pueden incluir imágenes de mí o mis hijos (as). Acepto y Doy mi consentimiento incondicional, sin notificación ,consideración o aviso para mí, para fines publicitarios o promocionales de dicho material, que puede contener fotografías o imágenes de mí o mis hijos en ella. Reconozco que Fit Kids América no es responsable de escoltar a mis hijos a clase. Acepto los terminos y condiciones de recoger a mi hijo/a a la hora especificada por Fit Kids. En caso de no recogerlo a tiempo, estoy conciente de que habra un cargo adicional de cinco dollars por cada cinco minutos despues de la hora fijada.

STUDENT'S NAME / NOMBRE \_\_\_\_\_ SCHOOL / GRADE / TEACHER \_\_\_\_\_ PROFESOR / DE GRADO / DE ESCUELA \_\_\_\_\_

ADDRESS / CODIGO DE DIRECCION POSTAL \_\_\_\_\_

TELEPHONE NUMBER / NUMERO DE TELEFONO \_\_\_\_\_ E-MAIL ADDRESS / DIRECCION DE CORREO \_\_\_\_\_

PERTINENT MEDICAL CONDITION(S) / CONDICIONES MEDICAS PERTINENTES \_\_\_\_\_

PARENT/ GUARDIAN SIGNATURE / FIRMA DE LOS PADRES \_\_\_\_\_

PERSONS AUTHORIZED TO PICK UP MY CHILD/ PERSONAS AUTORIZADAS PARA RECOGER A MI HIJO \_\_\_\_\_

MY CHILD ATTENDS ON CAMPUS DAY CARE: YES \_\_\_\_\_ NO \_\_\_\_\_ INITIAL CHILD WALKING \_\_\_\_\_

SPORT REGISTERING FOR \_\_\_\_\_ SESSION # \_\_\_\_\_

REGISTRO DE ACTIVIDAD \_\_\_\_\_ SESSION # \_\_\_\_\_

PAYMENT METHOD: CHECK# \_\_\_\_\_ CIRCLE CREDIT CARD: MC VISA AMEX

CREDIT CARD NUMBER: \_\_\_\_\_

CARD HOLDER'S NAME: \_\_\_\_\_

EXPIRATION DATE: \_\_\_\_\_ CVV #: \_\_\_\_\_

### Fit Kids America

5642 North Ocean Shore Blvd  
Palm Coast, FL 32137  
760-730-1115  
www.fitkidsamerica.org

### For Office Use:

Registered \_\_\_\_\_  
Payment \_\_\_\_\_  
Posted \_\_\_\_\_