

HEALTHY & FIT KIDS RETREAT

THURSDAY, AUGUST 24
12:30 – 4:30 PM

**JOIN HEALTH & FITNESS EXPERTS
FROM ALTRU HEALTH SYSTEM
AND CHOICE HEALTH & FITNESS
FOR A FUN-FILLED DAY OF LEARNING
AND ACTIVITIES FOR KIDS AGES 8-12.**



HEALTHY & FIT KIDS RETREAT



THURSDAY | AUGUST 24, 2017
12:30 - 4:30 PM

DETAILS >

- > HELD AT CHOICE HEALTH & FITNESS (4401 S. 11TH ST. | GRAND FORKS)
- > \$20 PER PARTICIPANT (*payment should be made to Choice Health & Fitness*)
- > REGISTRATION DEADLINE IS AUGUST 21, 2017 (*space is limited*)
- > TO REGISTER, CALL (OR VISIT) CHOICE HEALTH & FITNESS AT 701.746.2790
- > RETREAT ATTIRE: DRESS FOR OUTSIDE & WATER ACTIVITIES (RAIN OR SHINE). GYM SHOES NECESSARY. PLEASE BRING WATER BOTTLE & TOWEL.
- > CHILDREN MUST BE PICKED UP BY 4:30 P.M.

RETREAT ACTIVITIES >

- > ZUMBA
- > WATER BALLOON BASEBALL
- > NUTRITION
- > BEACHBALL FUN
- > OUTDOOR NINJA COURSE
- > FUN MUSIC
- > MEDITATION

HEALTHY & FIT KIDS RETREAT REGISTRATION SLIP

(RETURN WITH PAYMENT TO CHOICE HEALTH & FITNESS)

NAME: _____ PARENT/GUARDIAN NAME: _____ GENDER: M F

DATE OF BIRTH: _____ PARENT PHONE: _____ ALTERNATE PHONE: _____

ADDRESS: _____

PLEASE SELECT A LUNCH AND BEVERAGE CHOICE FOR YOUR CHILD.

LUNCH OPTIONS: TURKEY SANDWICH HAM SANDWICH HOME LUNCH BEVERAGE OPTIONS: MILK WATER

PLEASE LIST ANY SPECIAL CONSIDERATIONS REGARDING YOUR CHILD: (*i.e. allergies, medical conditions, etc.*)

PARENT OR GUARDIAN SIGNATURE: _____

I hereby acknowledge the health of my child, listed above, to be ready for vigorous activity and authorize the directors to secure any emergency treatment deemed necessary, and that I hereby release Altru Health System, Grand Forks Park District, Choice Health & Fitness and all employees, executors, and heirs from all claims for injuries, which may be sustained by my child while attending this program. I also understand that any medical bills incurred by my child due to injury will be my responsibility or the responsibility of my family health insurance plan. **PHOTO/VIDEO RELEASE:** I grant to the Grand Forks Park District, its representatives and employees, the unlimited and unrestricted license and right to take and publish photographs and/or video of me and/or my child in connection with my/our use of Grand Forks Park District facilities and during related activities. I further authorize the Grand Forks Park District, its assigns and transferees, to copyright, use and publish the same in print and/or electronically in Grand Forks Park District sponsored materials. No license or royalty payments are required to the undersigned. I further agree that the Grand Forks Park District may use such photographs and/or video of me and/or my child, with or without my name being included, for any lawful purpose, including for example such purposes as publicity, illustration, advertising, and Web content consistent with the license granted above.