

youth (ages 8-12) FITNESS PROGRAMS



WINTER SESSIONS

Session I: January 9 - February 3 (Registration Deadline: Jan. 4)

Session II: February 6 - March 3 (Registration Deadline: Feb. 2)

Please Note: A \$10 late fee is added after registration deadline.

TRX KIDS ZONE

Full-body TRX Suspension training class led by trainer Zeb Miller. Fun combination of functional training for every kid looking to be active. Class blends movements through the TRX Suspension Trainer.

Days	Time	Location	Cost	Max Participants
Saturday	10:00 - 10:30 am	ICON	\$50 (members) / \$75 (non-members)	10

FIT KIDS!

Personal Trainer Jen Oakland will introduce a variety of activities to engage your child in a healthy lifestyle!

Days	Time	Location	Cost	Max Participants
Mon & Wed	4:30 - 5:00 pm	Choice Lobby	\$64 (members) / \$112 (non-members)	14

PLEASE NOTE:

If it is determined that your child's physical development is **below average** for their age, participation may be denied.

If it is determined that your child's physical development is **above average** for their age, they may be allowed to participate in more advanced classes.

NO WALK-INS (or walk-in pricing) - asss proper paperwork must be completed by a parent before child may participate in performance enhancement training.

YOUTH FITNESS PROGRAM REGISTRATION FORM - WINTER SESSIONS

Name: _____

Date of Birth: ____ / ____ / ____ Gender: M F

Parent Name(s): _____

Email: _____

Address: _____

City/State/Zip: _____

Parent Phone: (____) - ____ - ____

Alternate Phone # (work, mobile, etc.) (____) - ____ - ____

Parent/Legal Guardian have filled out a Weight Room Release Form, Informed Consent Form and Par-Q Form: ☐ Yes ☐ No

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 the 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 injuries will be my responsibility or the responsibility of my family health insurance plan.

Parent of Guardian Signature: _____ Date: _____

Please check the session & class you would like your son/daughter to participate in along with the class time you prefer:

SESSION I (Jan. 9 - Feb. 3) _____

SESSION II (Feb. 6 - March 3) _____

TRX KIDS ZONE

____ SATURDAY | 10:00 - 10:30 am | \$50 (members) / \$75 (non-members)

FIT KIDS!

____ MON & WED | 4:30 - 5:00 pm | \$64 (members) / \$112 (non-members)

For office use only: Ring up YOUTH FITNESS PROGRAMS registrations under "FITNESS PROGRAM". Fees listed above. Add \$10 late fee after deadline.



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FITNESS PROGRAMS

TRX Kid Zone

Trainer Zeb Miller leads a fun, full-body TRX Suspension training class for every child looking to get active this season! Class blends movements through the TRX Suspension Trainer.

Fit Kids!

Personal Trainer Jen Oakland introduces a variety of fun activities to engage your child in a healthy lifestyle.



CHOICE HEALTH
& FITNESS