

# FIT KIDS



## OSL FIT KIDS • AFTER SCHOOL PROGRAM • K-5th

**INSPIRE YOUR CHILD TO LOVE FITNESS AT A YOUNG AGE!**

**OBSTACLE COURSES! BODY WEIGHT EXERCISES! HEALTHY SNACKS! FIT KIDS CRAFTS!**

**DATES: MARCH 6, 13, 20, 27, APRIL 10, 17 2:45-4:30pm**

**6 Weeks \$99 includes Fit Kids T-shirt**

Learn healthy habits. Build confidence & self esteem.  
Improve agility & coordination in a fun, safe, supportive, happy environment.  
Studies show that children need a minimum of 60 minutes of exercise every day,  
part of which should be muscle strengthening activities.



### FIT KIDS STRENGTH!

BASIC STRENGTH TRAINING  
& BODY WEIGHT EXERCISES



### FIT KIDS KITCHEN!

LEARN TO MAKE & EAT FUN  
HEALTHY SNACKS



### FIT KIDS OBSTACLES!

JUMP! RUN! PLAY!  
OBSTACLE COURSES!



**YES! SIGN UP MY CHILD FOR FIT KIDS! FILL OUT THE FORM, INCLUDE CHECK PAYABLE TO KT PRODUCTIONS & GIVE TO THE FRONT OFFICE**

CHILD #1 NAME \_\_\_\_\_ GRADE \_\_\_\_\_ TEACHER \_\_\_\_\_

CHILD #2 NAME \_\_\_\_\_ GRADE \_\_\_\_\_ TEACHER \_\_\_\_\_

PARENT'S NAME \_\_\_\_\_

CELL # \_\_\_\_\_ EMAIL: \_\_\_\_\_

PLEASE DROP OFF MY CHILD AT DAY CARE AFTER FIT KIDS IS OVER \_\_\_\_\_ YES \_\_\_\_\_ NO

IF YES, AUTHORIZED SIGNATURE \_\_\_\_\_

DOCTOR \_\_\_\_\_ PHONE # \_\_\_\_\_

ALLERGIES / OTHER: \_\_\_\_\_

**CHECK ENCLOSED \_\_\_\_\_ 6 WEEK PROGRAM \$99 Includes Fit Kids T-Shirt**

### **Release and Waiver of Liability**

My child has permission to participate in Fit Kids Program. I assume all risks and agree to defend, indemnify, and hold harmless Kiana Tom Productions, Inc., Kiana Tom and any of their officers, agents, employees, supervisors, coaches, administrators & staff from and against any and all loss, liability charges, actions, claims, injuries, suits, and expenses (including attorneys fees) and cost which may arise by reason of participation in the Fit Kids Program.

The undersigned hereby releases Kiana Tom, Kiana Tom Productions, Inc., its officers, agents, employees, supervisors, coaches, administrators & staff from all liability to the undersigned (and from any minor participants for whom the undersigned has the capacity to contract), thereby releasing, indemnifying and holding harmless Kiana Tom, Kiana Tom Productions, Inc., its officers, agents, employees, supervisors, coaches, administrators & staff from all liability to the undersigned of said minors caused by negligence of Kiana Tom, Kiana Tom Productions, Inc., its officers, agents, employees, supervisors, coaches, administrators & staff. The undersigned hereby assumes full responsibility for and the risk of physical, mental and emotional injury by participation in the Fit Kids Program. The undersigned recognizes for himself and / or for any minors, that the events and occurrences to which this release applies can be dangerous and as a result of signing below, the undersigned is accepting those risks for himself or herself and for any minor participants for whom the undersigned can contract.

The undersigned hereby represents that he or she understands and is familiar with the nature of the activities in which the undersigned and / or any minor will participate in the Fit Kids Program.

I, the undersigned, certify that I have read and understand this waiver and release as it applies to myself and to any minors for whom I am signing

CHILD / MINOR NAME \_\_\_\_\_

PARENT SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

(Parent or Guardian Signature if under 18 years of age)