4LIFE FITNESS

FITKIDS

FALL REGISTRATION FORM

Program Overview: We introduce athletic foundations and promote physical development through fun and engaging drills and activities such as obstacle courses, footwork ladders, throwing and catching games, balance games, etc. Parents are welcomed and encouraged to stay and get involved.

Time: Sundays @ 9:00am - 9:45am (45 min. sessions)
Dates: September 13 - November 15, 2026 (no session Thanksgiving Sunday)
Cost: $200+tax for 8 sessions ($226.00 total)

Child and Parent/Guardian Information

Child Name: _____ Age: _____

Name of Parent/Guardian: _____

Address: _____

Parent/Guardian Phone #: _____ Email: _____

Emergency Contact Name: _____ Phone #: _____

Medical Conditions: _____

Liability Waiver / Terms and Conditions

By enrolling your child in this exercise program, you acknowledge and agree that participation — including yourself as the parent/guardian, as desired — involves physical activity that carries inherent risks, including but not limited to injury, illness. You affirm that you and your child are in good health and are physically able to participate. You voluntarily assume all risks related to participation and agree to release, waive, and hold harmless the program (4Life Fitness) organizers, instructors, and affiliated entities from any liability for injuries, damages, or losses incurred to person or property. You also agree to follow all program guidelines and understand that the organizers reserve the right to remove any participant for behavior deemed unsafe or disruptive. Participation implies acceptance of these terms.

Media Release (Optional)

☐ As the parent/guardian of the child listed above, I give permission for free use of my child's picture in any media related only to the 4Life Fitness FitKids program.

Payment can be made in cash or by etransfer to info@4lifefitness.info

Signature of Parent/Guardian _____ **Date:** _____