

High School Girls Gymnastics



Located in the Wagner Community Center
615 N. West Avenue, Elmhurst
630-993-8900



Monday & Wednesday 6:30-8:50 pm

September 6 – November 1, 2017

Code: RF09502-01

- Full Payment: \$190 R / \$228 NR
- ½ Now & ½ Due October 1: \$95 R / \$114 NR

Please check payment method

This off-season program is for gymnasts who are preparing for the 2017/2018 high school season. Focus is on conditioning, strength training and skill development. Gymnasts of all levels will work to improve their skills while becoming a better gymnast through refinement of current skills as well as development of new skills in our beautiful air conditioned facility. Workouts are coached by a dedicated, knowledgeable coaching staff. Please bring a water bottle and gym shoes each day to practice for running.

Payment Options

Full Payment: Full payment is due at registration.

½ Now & ½ Due 10/1: Half of Full Payment is due at time of registration. Your credit card on file will automatically be charged the second half which is due October 1



Mail or drop off at the Joanne B. Wagner Community Center

615 N. West Avenue · Elmhurst, IL 60126 · Phone: (630) 993-8901 · Fax: (630) 993-8929

Make Checks payable to the Elmhurst Park District.

Last Name: _____ Home Phone: _____

Address: _____ Emergency Phone: _____

City: _____ Zip: _____ E-Mail: _____

IMPORTANT INFORMATION

The Elmhurst Park District is committed to conducting its recreation programs and activities in a safe manner and holds the safety of participants in high regard. The Elmhurst Park District continually strives to reduce such risks and insists that all participants follow safety rules and instructions that are designed to protect the participants' safety. However, participants and parents/guardians of minors registering for this program must recognize that there is an inherent risk of injury when choosing to participate in recreational activities.

You are solely responsible for determining if you or your minor child/ward are physically fit and/or adequately skilled for the activities contemplated by this agreement. It is always advisable, especially if the participant is pregnant, disabled in any way or recently suffered an illness, injury or impairment, to consult a physician before undertaking any physical activity.

WARNING

Gymnastics is intended to challenge and engage the physical, mental and emotional resources of each participant. The sport demands strength, balance and body control. However, despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of serious injury, including but not limited to head/brain injuries, spinal cord injuries (including paralysis) and bone and joint injuries. Understandably, not all hazards and dangers can be foreseen. The very nature of the gymnastics is hazardous and risky, including but not limited to failing to successfully complete a maneuver, falls, over-rotating, overexertion, attempting skills beyond ability, lack of conditioning, improper warm-up, recklessness on equipment, horseplay, inadequate or defective equipment, spacing between the mats, lack of or poor spotting, inadequate supervision or instruction, and all other risks inherent to gymnastics. In this regard, it is impossible for the Elmhurst Park District to guarantee absolute safety.

WAIVER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK

Please read this form carefully and be aware that in signing up and participating in this program/activity, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with this program/activity (including transportation services and vehicle operations, when provided).

I recognize and acknowledge that there are certain risks of physical injury to participants in this program/activity, and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that my minor child/ward or I may sustain as a result of said participation. I further agree to waive and relinquish all claims I or my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in this program/activity against the Elmhurst Park District, including its officials, agents, volunteers and employees.

PHOTOGRAPHY

Photos and videos are periodically taken of people participating in Park District programs and activities. All persons registering for Park District programs/activities, or using Park District property thereby agree that any photograph or videotape taken by the Park District may be used by the Park District for promotional purposes including its promotional videotapes, brochures, flyers, and other publications without additional, prior notice or permission and without compensation to the participant.

I have read and fully understand the above important information, warning of risk, assumption of risk and waiver and release of all claims.

PLEASE PRINT Participant's Name

Parent / Guardian Signature

Date

**Must complete when using
VISA or MASTER CARD**

Name of Cardholder: _____ Expiration Date: _____

Authorized Signature: _____ Charge Amount: _____

- - - CVC: _____

Please check the box which applies to your payment

Full Payment

1/2 Now & 1/2 Auto Pay

Your Credit Card will be charged the full amount
For all of the registration fees

Your credit card will be charged for 1/2 of the
registration fees now. **The remaining 1/2 will be
charged on 10/1/17.**