



NOT JUST A STUDIO – WE'RE A FAMILY!

Flip It Out Handbook for Students and Parents

As a condition of enrollment at Flip It Out Studios, students and their parents or guardians agree to abide by all the policies set forth by Flip It Out Gym, its director, faculty, and staff. Flip It Out Gym reserves the right to terminate any student's enrollment at any time for misconduct or inappropriate actions by either the student or his or her parent(s).

Welcome to Flip It Out!

This handbook will serve as your guide to Flip It Out Gym and its philosophy of gymnastic education. We take our roles as mentors and teachers in your child's life very seriously. It is our objective to inspire a passion for gymnastics in every child who passes through our doors. In the process, we strive to set the right example and help your child (and you) create memories that will last a lifetime.

Philosophy

Dance It Out Studios is fully committed to providing a quality dance education for dancers of all ages in an environment that helps nurture each student's *individual ability, self-confidence, and creativity*. We strongly believe that dance enriches the lives of our students, their families, and our community. Not only do we strive to help students to become the best dancers they can be, but also the *best citizens* they can be through dance education, cultural and social awareness. At Dance It Out, we are not just a studio – We are a **FAMILY!**

Contact Information for Flip It Out

ADDRESS:

18742 Highway One
La Crosse, VA 23950

FACEBOOK: <https://www.facebook.com/flipitout/?fref=ts>

EMAIL: flipitoutgym@gmail.com

TELEPHONE NUMBER: (434)757-1029

Class Placement

The school faculty meets regularly to discuss the students' progress and/or placement. It is our policy to offer appropriate opportunities to every child.

Placement decisions are derived from many years of teaching experience. Often a child is placed in a group or class where he or she will feel confident, to promote the development of self-esteem. Some students who are placed in a higher level become discouraged, only to lose their passion for gymnastics. Others respond to the challenge of being in a class with students who are more proficient by pushing themselves to work harder. Placement is highly individual and the factors that go into the decision are complex. Class placement will be received in April for the following year.

Special Information for Parents of Preschool Students

Our purpose is to provide the highest-quality preschool education in a secure, nurturing, and stimulating environment. Flip It Out serves the physical, emotional, and intellectual needs of preschool students. We meet these goals with our age-appropriate curriculum and ongoing communication with parents.

The first few weeks of classes serve as an introductory phase to help students become comfortable with the overall experience, the classroom, their teacher, and their classmates.

Right from the beginning we focus on your child's coordination, listening skills, spatial awareness, and developing imagination.

Parent Separation

The process of separating from the parent as the child attends gymnastic class is an important accomplishment of preschool children.

As children mature, they begin to identify themselves as independent personalities. In separating from you, the parent, your child is learning

- to develop an interest in the activities of the gym class;
- to feel comfortable with other children in the class;
- to understand that his/her parent will come back and pick him/her up;
- to understand that all parents leave their children and come back for them.

It is important to know that at times young children will explore the limits of attending dance class and say they don't want to go. This period may occur anytime, but it is usually short-lived. Here are some suggestions that might help you handle the situation:

- Emphasize what the child is doing at the gym class rather than what you do while he/she is in class.
- Before you leave, see that the child is involved in an activity or is in the hands of a teacher.
- Avoid prolonged goodbyes.
- Ask the teacher for help in separation. We expect the crying (and usually the tears are for the parent's benefit).

It May Not Be the Right Time

If your child cries or does not want to take class, don't panic. If we push children and create more stress than they are already experiencing, they may come to perceive gymnastic class as a bad experience. That kind of negativity could make them apprehensive about gymnastics for a long time, which isn't good for anyone involved. Never force your child into the classroom.

Medical Information

Parents must notify the director/and or teachers regarding children who use an inhaler or who may require medications during their time at Flip It Out. It is also important to inform the director and/or teachers about your child's existing medical conditions or learning disabilities at the time of registration and throughout the school year. Our teachers are trained professionals who are anxious to work with all children and personalities, and the more we know about your child, the better the gymnastic experience will be for all involved. All information about our students is confidential.

Code of Conduct

Some parents may compare their child's progress or class placement to another child's. Watch for this behavior in your children as well and encourage them to focus instead on their own accomplishments.

Looking to other students for inspiration is good; however, making negative comparisons distracts children from focusing on becoming stronger gymnasts. In addition, speaking negatively about your child's teachers, fellow students, or other parents in front of your child—or other students—could result in problems far beyond your original concerns. Often children will imitate a parent's behavior with other adults or authority figures.

Children learn important lessons from their teachers and parents, acquiring behavior patterns through their example. Our school's faculty takes that responsibility seriously. It's our philosophy to encourage our students to feel, think, and act respectfully toward their peers, the adults in their lives, and themselves.

Parents and students will dress and conduct themselves in an appropriate manner while at the gym and events in which Flip It Out is being represented. Proper respect for the staff and fellow students are expected of all students, parents/guardians, and siblings. Attitudes that are disrespectful, uncooperative, or aggressive do not have a place at Flip It Out, especially in our lobby. Parents who are continually negative will be asked not to wait in the lobby. Any parent/guardian or student who disrupts class or approaches a teacher, staff member, another student or parent with the intent to cause dissent or contravene the policies and procedures of Flip It Out will be dismissed immediately. Any inappropriate or slanderous remarks about Flip It Out or its staff members on any social media site will be cause for immediate dismissal from the program.

If you have questions or concerns about your child's gymnastic education (such as progress or class placement), please discuss them with your child's teacher or the director. Talking only to other parents can lead to misinformation and confusion. Please contact the office to set up an appointment; do not approach your child's teacher or the director between or during classes or make contact outside of the gym. If you do request a conference, please listen carefully to what your child's teachers have to say. They spend a significant amount of time with your child and offer expertise in the field of gymnastics.

Termination of Enrollment

In certain circumstances, when it is in the best interest of one or more students, it may be necessary for the owner or director to terminate a student's enrollment. Every effort will be made to correct a problematic situation before terminating enrollment. Reasons for termination of enrollment include the following:

- Disruptive or dangerous behavior by students or their parents
- Abuse of other children, staff, or property
- Inability of Flip It Out to meet the child's needs

Withdrawals

Flip It Out must receive a two week notice of withdrawal from gymnastic classes or tuition will be due for that month. No refunds will be given on tuition payments, without two weeks notice. **A withdrawal form must be submitted to the office two weeks prior to tuition due for that month.**

Staying Informed

We work hard to make the gymnastic experience organized and fun. Keeping you informed is one of our primary goals. Please read all newsletters and other information.

Newsletters and important updates are emailed to you and posted on the bulletin board in the lobby, Flip It Out's website, and Facebook page. Text message reminder service is also used for important information. Please sign up for this reminder service. An email registration information for the text message service will be sent once classes begin.

If you have any questions regarding the information distributed, we encourage you to contact the office at (434) 757-1029.

We answer emails daily. Feel free to email questions to the office at danceitoutstudios@gmail.com.

Gymnastic Rules & Procedures

- Please arrive on time to your scheduled class. This is to ensure each student is warmed up properly. Students who miss the warm up will have to sit out of class.
- No jewelry is allowed while participating in class.
- No one is allowed in the gymnastic area before class without an instructor. Siblings and friends not enrolled in class must remain outside the gymnastic area during class times (even those supervised by a parent). When class is over, gymnasts must leave the gymnastic area.
- Girls **must** have their hair pulled back out of their face. No **hair bows** allowed.
- NO jewelry is allowed except for stud earrings.
- Any contagious skin condition needs to be covered until the affected area has cleared.
- NO gum, food, or candy is allowed in the gym
- Please respect our equipment. No playing on the gymnastic equipment or mats.
- No horseplay, running into, or slamming yourself into the mats against the walls.
- No electronic devices or cell phones allowed in the gym.
- Only bottled water is allowed in the gymnastic studio.

Dress Code Requirements

Leotards/unitards are preferred, but girls may wear tucked in t-shirts and shorts. Shorts may be worn over leotards. Boys can wear tucked-in t-shirts and shorts. No buttons, belts, or zippers should be on shorts. If shirts are worn, please make sure the shirt is fitted enough to not flip over their heads when upside down. All students should be barefoot while in class. No socks can be worn in class. Hair should be pulled neatly and securely away from the face so that it stays up for the entire workout. No jewelry is allowed except for stud earrings.

Gymnastic Policies

- Students must be signed in by a parent or guardian upon arrival and signed out when leaving. Flip It Out is not responsible for children who are not signed in and out.
- Parents are not allowed on the gymnastic floors without permission from an instructor.
- Food is not allowed in the gym.
- No chewing gum is allowed anywhere in the gym.
- Gymnasts must use the restroom before class. Leaving during class time is discouraged.
- Students must wear a cover-up to and from gymnastic class.
- Students must come to class in dress code.
- Parents must supervise all accompanying siblings in waiting areas.
- **Children cannot be left unattended.**
- Flip It Out staff is not responsible for providing care to students before or after class. If a student is left at the gym unattended for over 15 minutes, a fee of \$1 per minute after class ending time will be charged to your account. We understand that there could be extenuating circumstances that prevent you from coming on time. In that case, you must call the front desk to inform us and avoid the charge.
- You must inform Flip It Out of ANY health issues of your child.
- No loitering or eating outside of the building.
- All children must remain inside the building while waiting to be picked up. Participants are not to be left unattended outside the building at any time.
- Any injury, no matter how minor in appearance, is to be immediately reported to the instructor.
- If a student is under the care of a physician for an injury, it is required that a physician's release be submitted to allow the student to resume normal activity prior to the student returning to class.
- A \$50 re-enrollment fee will be assessed to any auto-pay payments that do not clear.

Tuition

	Tuition Rate Per Month	Bi-Annual	Annual
45 minutes per week	\$79.50	\$397.50	\$795
60 minutes per week	\$89.50	\$447.50	\$885

* Tuition rates are **not prorated** for any reason.

* Tuition is an annual rate. We offer 3 convenient payment options. Tuition can be paid by annual fee, bi-annual fee (two equal payments), or monthly fee (ten equal payments).

* A \$25 registration and session fee are due at time of registration.

* A \$50 re-enrollment will be assessed to any auto-pay that do not clear.

Tuition Policy

- **Meet fee is nonrefundable after November 10, 2023.**
- **If payment is more than one month past due, the card on file will be charged for the past due amount.**
- Registration is \$25 per student.
- June tuition payment (plus registration fee) is due at the time of registration to hold your child's enrollment in class. Autopay form must be submitted to enroll in autopay.
- If a student is enrolled in autopay and the credit/debit card is denied at time of payment, then the autopay account will be canceled. A \$50 re-enrollment fee will be assessed.
- Tuition is due the 1st of every month. No statements will be mailed unless the account becomes past due. A late fee of \$15 **weekly** will be added when tuition is paid after the 5th.
- If you are unable to attend class or if the gym is closed due to weather or holidays, please mail your payments to 18742 Highway One, La Crosse, VA 23950.
- No exceptions will be made for late tuition payments.
- Tuition can be paid by cash, check, money order, or credit cards. No post-dated checks accepted.
- Tuition payments are divided into 10 installments (**September through June**). You can also pay tuition annually or bi-annually.
- Tuition must be current to receive meet unitard and participate in Flip It Out events.
- Tuition must be paid when registering or you will automatically be dropped from all classes.
- You may choose to pay in full for the year. Paying in full must include tuition for the nine-month session. If you decide to leave the studio before the end of year, a refund will be given for time remaining minus a \$100 administration fee.
- A \$50 fee will be charged for any returned checks.
- The Waiver and Release from Liability form must be signed and returned to the gym prior to the first day of class.
- If an account becomes over 30 days delinquent, your student will not be allowed to participate in class.
- First installment will cover June tuition payment. The first tuition payment will be due in September.
- Autopay must fill out a form. If an account cannot be processed on the first, a \$15 late fee will be charged.
- **If a student is dropped from a class due to nonpayment, a \$50.00 re-enrollment fee must be paid to re-enroll in class.**

Attendance/Classes

All students are expected to attend their regularly scheduled classes. Each class offers a step forward in the educational process. A missed class could leave a child one step behind the other students.

Classes begin promptly as scheduled. Please have your child properly attired and ready for class. Please make sure that your child uses the restroom (especially preschool) before class begins, as class interruptions are distracting to all participants.

- Any missed class may be made up in a similar level within **two** weeks of the missed class and the student must be an active student.
- There must be at least four students in a class for that class to be held. If a class falls below the four students during the year, it may be canceled at any time throughout the year.
- The school reserves the right to provide a substitute teacher if the regularly scheduled teacher is ill or otherwise unable to teach classes. In the unlikely event that a substitute cannot be arranged, any canceled classes will be made up.
- Flip It Out reserves the right to change teachers at any time during the season. Refunds or credits will not be given due to a change in class instructor.
- **Please do not let your child enter the gym until the teacher calls them in for class.**
- Teachers are responsible for students during class time only.
- Regular attendance is vital to student progress.
- Parent Observation is allowed in the fall and spring. Please see the calendar of events for dates.
- Inclement weather policy: Please check the voicemail, Facebook page, emails and local radio stations for weather closing. We DO NOT follow Mecklenburg County school closings. Makeup classes will be scheduled for all weather closings.
- Holiday Closings: Our class schedule does not follow the school calendar. Lessons will not be held on Halloween, Memorial Day, 4th of July, Labor Day, Thanksgiving, Winter Break, and week for Spring Break.
- Flip It Out LLC reserves the right to terminate any classes or any student at any time without notice. In such a case, a refund for any unused lessons will be given. **Flip It Out LLC reserves the right to change policies as needed.** Students and parents will be notified of changes when they occur.

Emergency Procedures

Parents are not permitted to pick up their children during an emergency evacuation (whether it is a drill or real emergency). Teachers must exit the building with their class roster and will be responsible for keeping track of all students. Children can be picked up once all children are accounted. Parents are free to accompany their children to the evacuation area; however, will not be permitted to take their child until instructors and/or a staff member has accounted for all students in their class.

Injuries/Insurance

Students must have a completed and signed liability release turned in BEFORE beginning any lessons. Flip It Out LLC does not carry medical insurance for its students. It is required that all students are covered by their own insurance policies. If injury occurs, it is understood the a student's own policy is the only source of reimbursement.

Discipline Policy

To maintain a happy, healthy, professional environment, students are taught the importance of being a part of the group. We encourage students to have respect for other students, the teachers and staff, and gymnastic property, and we foster the development of good habits and compliance with rules of conduct.

Our staff and faculty are trained to use constructive techniques of discipline to maintain class control and handle individual misbehavior.

- Children who exhibit unacceptable behavior or attitudes are told what is wrong and directed to a positive alternative approach or behavior.
- If a child strikes another child, the two are respectfully separated and each is asked to explain what happened. They are then asked to help solve the problem, talk to each other, and reconcile with one another.
- Children who are disruptive will be respectfully asked to stop the behavior. If the behavior is repeated, they will be reminded of it and told how it affects others. If the disruption continues, the children involved will be asked to sit down for a short period of time (usually three to five minutes) before rejoining the class.
- If a child's misbehavior continues to disrupt the class, the parent or guardian will be called to pick up the child.

Emergency Evacuation

Although we have never experienced an emergency evacuation at the gym, we are prepared for such a circumstance. Teachers must exit the building with their class roster and will be responsible for keeping track of all students. Students are to evacuate quietly and walk in single file as quickly as possible to the designated area, where teachers will check roll. Students and teachers are to return to classrooms and buildings when the all-clear signal is given.

Parents are not permitted to pick up their children during an emergency evacuation (whether it is a drill or real emergency). Children can be picked up once all are accounted for. Parents are free to accompany their children to the evacuation area. However, parents will not be permitted to take their child until instructors and/or a staff member has accounted for all students in their class.

Snacks

Snacks and drinks are available for purchase at the studio. Snacks are not allowed in the gym. A snack card can be purchased for \$5.00 at the studio.

Injuries/Insurance

Students must have a completed and signed liability release turned in BEFORE beginning any lessons. Flip It Out LLC does not carry medical insurance for its students. It is required that all students are covered by their own insurance policies. If injury occurs, it is understood the a student's own policy is the only source of reimbursement.

Meet

We offer a culminating exhibition of gymnastics skills in the form of a meet for gymnastics to show off all that they have learned throughout the year. The meet is scheduled for May 18, 2024. Times of each individual meet will be announced in March 2023. The gymnasts will perform routines on each apparatus. A meet fee of \$125.00 will be required for each participant. The fee will cover unitard, meet t-shirt, and participant's entry fee. The fee will be due on November 10, 2023. **The meet fee is nonrefundable after November 10, 2023.** A participation form will need to be filled out no later than November 3, 2023. If registering after December 1, 2023, a late fee of \$25.00 will be added for expediting the order. Although we encourage everyone to participate, this is an optional event.

Birthday Parties

We offer several birthday party options for both boys and girls. Most birthday parties are scheduled for Saturday afternoon or on Sundays. Please contact the office for a complete brochure or visit our website for details.

Summer Program and Camps

Each summer Flip It Out offers summer programs and camps for both current and new students. Summer activities are for children ages 3 to 16. A complete brochure of all summer programs will be distributed in December. We suggest early registration as these programs do sell out, especially the camps.

Event Dates:

- August 26th - Children's Art Festival (10:00 am - 12:00 pm)
- September 5th – Classes start!
- October 23rd – October 28th - Halloween Parties in classes (5:30-7:00 pm)
- October 28th - South Hill Costume Crawl (10 am - 1 pm)
- October 31st - Studio closed for Halloween
- November 6th – November 11th – Bring a friend week. No dance experience required. Must be of similar age.
- **November 10th - Meet Fee due.**
- November 22nd – 25th – Closed for Thanksgiving.
- November 27th – December 2nd - Parent Observation Week
- December 3rd – South Hill Christmas Parade - Ensembles will perform.
- December 16th – Santa Pictures will be at Dance It Out from 10:00 a.m. – 1:00 p.m. Come to Santa's Winter Wonderland and have your picture taken! Cost is \$10 for (2) 5X7 photos.
- December 11th –16th - Christmas Parties in class (5:30-7:00 pm)
- December 18th – Jan 1st – Closed for Winter Break
- March 11th – 16th – Wear green week for St. Patrick's Day
- April 1st - 6th – Studio will be closed for Spring Break

- April 15th – April 20th –Revue Costume and Meet Pictures at Dance It Out (during regularly scheduled dance/gymnastics classes)
- April 29th – May 4th – Parent Appreciation Week and Observation Week
- Progress reports will be handed out.
- May 4th - Returning student registration
- May 5th - Student Awards Gala (Pre-Professional, Ensemble, and students who have been here 3 consecutive years or more)
- May 13th – May 18th – Dancer and Gymnast Appreciation Week & Spirit Week
- May 18th - New student registration
- May 18th - Gymnastics Meet
- May 27th – Studio closed for Memorial Day

Dance It Out LLC reserves the right to change policies as needed. Students and Parents will be notified of changes when they occur.

Liability Release

As the parent or legal guardian of the above listed student I hereby consent to the above named person participating in the programs offered by Dance It Out, LLC. I recognize that potentially severe injuries, including sprains, strains, broken bones, permanent paralysis, or death, can occur in any activity involving height or motion. I UNDERSTAND AND ACCEPT THAT RISK. I have additionally communicated these risks to my child.

I understand the study of dance has inherent risks and may cause physical injury. I am fully aware of the risks and hazards involved. Attendance in Dance It Out LLC classes, rehearsals, or activities, on-site or off-site, may cause unforeseen risks and injury.

I hereby release, discharge, and agree to save harmless Dance It Out LLC, affiliated teachers, and contract employees any legal representatives or assignees, and all persons acting under permission or authority, from any liability whatsoever for any and all claims of any nature which may arise out of my or my child's attendance.

If the participant is a minor, I agree that the minor has my consent to participate in Dance It Out LLC classes, rehearsals, and/or activities, on-site or off-site. I further provide my consent for Dance It Out LLC to seek emergency treatment for the minor if necessary. I agree to accept financial responsibility for the costs related to this emergency treatment.

In case of emergency, I give my permission for the student's name to be transported to a hospital and be treated by a medical professional.

My signature is voluntary and implies complete understanding of this form. By signing this agreement, I acknowledge that if anyone is hurt or personal property is damaged during participation in any Dance It Out LLC activity, I may be found by a court of law to have waived my right to maintain a lawsuit against Dance It Out LLC.

I grant Dance It Out LLC to make video, film, photography or any other images of myself or my child's involvement in Dance It Out LLC activities for promotional purposes without compensation to me or my child.

Signature: _____ **Date:** _____

ACCIDENT WAIVER AND RELEASE OF LIABILITY FORM VIRTUAL DANCE CLASSES

I, PARENT/GUARDIAN OF SAID CHILD(REN) HEREBY ASSUME ALL OF THE RISKS OF MY CHILD(REN) PARTICIPATING IN ANY/ALL ACTIVITIES ASSOCIATED WITH THESE VIRTUAL DANCE CLASSES, including by way of example and not limitation, any risks that may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective reigns as follows:

(A) I WAIVE, RELEASE, AND DISCHARGE from any and all liability, including but not limited to, liability arising from the negligence or fault of my child(ren), for my child(ren)'s death, disability, personal injury, or actions of any kind which may hereafter occur to my child(ren) during VIRTUAL DANCE CLASSES BY THE FOLLOWING ENTITIES OR PERSONS: It Out, LLC and/or their directors, employees, or volunteers.

(B) INDEMNIFY, HOLD HARMLESS, AND PROMISE NOT TO SUE THE FOLLOWING ENTITIES OR PERSONS: Dance It Out, LLC and/or their directors, employees, or volunteers from any and all liabilities or claims made as a result of participation in VIRTUAL DANCE CLASSES, whether caused by the negligence of release or otherwise. I acknowledge that Dance It Out, LLC and their directors, employees, and volunteers are NOT responsible for errors, omissions, acts, or failures to act of any party or entity conducting VIRTUAL DANCE CLASSES on their behalf. I acknowledge that this activity may involve injury. The risks include, but are not limited to, those caused by jumping, leaping, turning, stretching, or any dance movement, lack of hydration, improper dance floor, and actions of other people including, but not limited to, participants, and/or producers of the activity.

I hereby consent for my child to receive medical treatment which may be deemed advisable in the event of injury, accident, and/or illness during VIRTUAL DANCE

CLASSES. I CERTIFY THAT I HAVE READ THIS DOCUMENT AND I FULLY UNDERSTAND ITS CONTENT. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT. I SIGN IT OF MY OWN FREE WILL. I certify that my child(ren) is physically fit, has sufficiently prepared or trained for participation in VIRTUAL DANCE CLASSES, and has not been advised to not participate by a qualified medical professional. I certify that there are no health-related reasons or problems which preclude my child(ren)'s participation in VIRTUAL DANCE CLASSES. I acknowledge that this Accident Waiver and Release of Liability Form will be used by Dance It Out, LLC, the director, class holders, sponsors, and organizers of the activity in which my child may participate, and that it will govern my child(ren)'s actions and responsibilities at VIRTUAL DANCE CLASSES. I permit my child to participate in VIRTUAL DANCE CLASSES.

Participant's Name(s)

Parent/Guardian

Date

RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK; AND INDEMNITY AGREEMENT
("AGREEMENT")

I represent that I understand the nature of this activity and that I am qualified, in good health and in proper physical condition to participate in such activity. I acknowledge that if I believe event conditions are unsafe or I am unable to safely perform any activity, I will immediately discontinue participation in the activity.

I fully acknowledge, understand, appreciate and agree, that this activity involves risks of serious bodily injury, including permanent disability, paralysis and death, which may be caused by my own actions, or inactions, those of others participating in the event, the conditions in which the event takes place, or the negligence of the Releasees named below; and that there may be other risks either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, cost, and damages I incur as a result of my participation in the activity.

I further acknowledge, understand, appreciate and agree that my participation may result in possible exposure to and illness from infectious diseases, including, but not limited to, MRSA, Influenza, and COVID-19. While particular rules and personal discipline may reduce this risk, the risk of serious illness and death does exist. I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of the releasees or others, and assume full responsibility for my participation and exposure.

I hereby release, discharge, and covenant not to sue your business, its administrators, directors, agents, officers, volunteers, employees, contractors, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of the premises on which the activity takes place, (each considered one of the "RELEASEES" herein) from all liability, claims, demands, losses, damages, on my account caused or alleged to be caused in whole or in part by the negligence of the RELEASEES or otherwise, including negligent rescue operations and further agree that if, despite this release, waiver of liability, and assumption of risk, I or anyone on my behalf, makes a claim against any of the RELEASEES, I will indemnify, defend, and hold harmless each of the RELEASEES from any loss, liability, damage, or cost, which any may incur as the result of such a claim.

I have read the RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT, and I understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law. I agree that if any portion of this Agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.

Printed name of participant(s) _____

PARENTAL CONSENT I, hereby covenant and promise that I am the minor's parent and/or legal guardian, and on behalf of myself and the minor, understand the nature of the above referenced activities and the minor's experience and capabilities and believe the minor to be qualified to participate in such activity. I further understand the risk of exposure to injury and/or infectious diseases, for myself and my child, as a participant, spectator at events, classes or our presence at the facility. I hereby release, discharge, covenant not to sue and AGREE TO DEFEND, INDEMNIFY AND HOLD HARMLESS each of the RELEASEES from all liability, claims, demands, losses or damages on the minor's or my account caused or alleged to have been caused in whole or in part by the negligence of the Releasees or otherwise, including, but not limited to injury, negligent rescue operations, and/or exposure to infectious diseases and I further agree that if, despite this release, I, the minor, or anyone on the minor's behalf makes a claim against any of the above RELEASEES, I WILL DEFEND, INDEMNIFY, AND HOLD HARMLESS each of the RELEASEES from any litigation expenses, attorney fees, loss liability, damage, or cost which any RELEASEE may incur as the result of any such claim.

Dated: _____ Printed Name of Parent/Legal Guardian
_____ Signature of Parent/Legal Guardian

Dated: _____ Printed Name of Parent/Legal Guardian

_____ Signature of Parent/Legal Guardian