

Teen Boot Camp Registration Form

Liability Waiver: I understand that there are certain inherent dangers in participating in sports activities that may include permanent disability and death. I have inspected the facility and equipment prior to participating in any activities to ensure that they are safe. I do hereby waive release, and forever discharge the club and its officers, agents, employees, representatives, executors and all others from any and all responsibilities or liability from injuries or damages resulting from my child's participation in any Finest Fitness activities. I do also hereby release all of those mentioned and any others acting upon their behalf from any responsibility or liability for any injury or damage to my child, including those caused by the negligent act or omission of any of those mentioned or others acting on their behalf or in any way arising out of or connected with my child's participation in any activities of the club or the use of any equipment at the club. I declare my child to be physically sound and suffering from no conditions, impairment, disease, infirmity, or other illness that would prevent my child's participation in sports activities. In case of accident or injury and an emergency contact person cannot be reached, I grant Finest Fitness permission

I understand that the appropriate deposit must accompany this application and that payment in full is due prior to the second week of class. With the exception of cancelled classes, fees are non-refundable. I further understand that if payment in full is not made prior to the second week of class, management reserves the right to charge my credit card on file for all unpaid balances and applicable late fees.

Finest Fitness reserves the right to cancel classes due to insufficient enrollment. I further understand that the Sportschool director reserves the right to remove any child(ren) from any class that may be inappropriate for that child or for that class. All children are guaranteed one make-up class. Make-ups must be scheduled in advance and approved by the Sportschool director.

I understand that Finest Fitness retain the rights to any photographs or video taken at the facility to be used for publicity or advertising. I further understand that Finest Fitness cannot be responsible for items left at the club.

DATE _____

SIGNATURE _____

Week 1: Fitness Basics & Gym Conduct, & Setting Goals

Week 2: Body Analysis, Realistic Body Image, & Nutrition 101

Week 3: Speed & Endurance

Week 4: General Aerobic Classes

Week 5: Boxing & Kick Boxing

Week 6: Cross Training

Week 7: Sports Fitness

Week 8: Putting it all together/ Comparison testing

Schedules are crafted based on the individual needs of each platoon, with consideration given to all member's outside obligations.



FINEST FITNESS

HEALTH AND SPORTS CLUB

Teen Boot Camp

COME CLAIM YOUR DOG TAGS!!!

208-12 EAST MAIN STREET • PATCHOGUE, NY 11772 • 631.730.8820

Ease The Transition:

With all the different messages bombarding young people today, its often hard for them to filter out the nonsense. Finest Fitness has created Teen Boot Camp in order to take the guess work out of the equation and put teens on the path to safe and effective life-long fitness. During their time in the program cadets learn the fundamentals of fitness, not from an inexperienced friend or trendy magazine, but rather, through active supervised participation. The drill sergeants are all qualified fitness professionals, and the children's recruitment officer is always on call to solve any problems of answer any questions that might arise. The whole program takes place over the course of eight comprehensive weeks of which every day has a specific, designated purpose. Weeks one and two kick jump start the program and set the trend for the entire eight week period. Parents enlist your kids today and set your mind at ease. Teenagers, **WELCOME TO BOOT CAMP!!!! NOW DROP AND GIVE ME TWENTY!!!**

Teens's Name _____ Date of Birth ___/___/___

Parent's Name _____ Home Phone _____

Address _____ Work Phone _____

Town & Zip _____ Emergency # _____

E- Mail Address _____

List the activities the enrollee is currently involved in _____

What are the teens fitness goals _____

What are the aspects of fitness the teen is interested in _____

Please indicate any special needs your child may have _____

How did you hear about Boot Camp? _____

FINEST FITNESS BOOT CAMP PROGRAM & RATES

The program includes two intensive group training sessions each week with the drill sergeant, one self-work assignment to be completed independently on site, and several hours of flexible supervised gym time. Cost for entire program \$240

Call For More Info 631-730-8820