

STRENGTH 4 KIDS AT MOTHERS BEACH



(562) 688-8936

MOTHERS BEACH
WEDNESDAYS 2:30— 3:30 PM

OCT 14-Dec 16

Attention
ALL TRAINING WILL FOLLOW CITY &
STATE SAFETY GUIDELINES

SIBLING DISCOUNT
20% Off!



FREE T-SHIRT!!!!

- STRENGTH 4 KIDS will teach Proper form, Interval Training
- Stretching, Cardiovascular Drills, Core Conditioning, & Balance.
- Develop Good Fitness & Nutrition
- Class Size limited!

CINDI GANS — A.C.E. Certified Personal Trainer
GYM Affiliated — C.P.R. Certified

www.strengthbythebeach.com

STARTING:

WEDNESDAYS OCT 14- DEC 16

**** No Class NOV 24****

(All rain days will take place on ZOOM!)

Participant _____ Age _____ Parent _____

Phone _____ Address _____

Grade/Teacher _____

E-Mail _____

****SCHOLARSHIPS**



AVAILABLE**

PLEASE READ CAREFULLY BEFORE SIGNING.

1. Strength 4 KIDS reserves the right to cancel any session, in which case a full refund will be made.
2. REFUNDS WILL NOT BE MADE ONCE A PROGRAM HAS BEGUN.
3. Participation in any STRENGTH 4 KIDS activity and use of any recreational facilities involves a risk of accidental injury despite all safety precautions. Having been informed of the activities conducted by STRENGTH 4 KIDS, I/We, as an individual or as a parent or guardian of the participants named herein, assume all risks and hazards incidental to the activities, and release from responsibility and agree to indemnify and hold harmless STRENGTH 4 KIDS, its officer, directors independent contractors, volunteers and all employees for any illness or injury to me or my children or family members during his/her/our participation in any activity or use of any recreational facility at or conducted by STRENGTH 4 KIDS.

Payment Enclosed: \$ _____ (make \$120 check payable to **(Strength Resources)**)
Signature _____ Parent /Guardian (required as condition of registration)