

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

In consideration of participating in the programs of Mountain Brook Gymnastics Foundation, 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, I will immediately discontinue participation in the Activity.

I fully understand 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

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 hereby release, discharge, and covenant not to sue The Mountain Brook Gymnastics Foundation, its respective administrators, directors, agents, officers, volunteers, and employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the losses, or damages, on my account caused or alleged to be caused in whole or in part by the negligence of the

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, save, and hold harmless each of the Releasees from any loss, liability, damage, or cost, which any may incur as the result of such claim.

I have read the RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT, 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 intent to be a complete and unconditional release of all liability to the greatest extent allowed by law and 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

Participant

PARENTAL CONSENT

AND I, the minor

activities and the Minor

participate in such activity. I hereby Release, discharge, covenant not to sue and AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS each of the Releasees from all liability, claims, demands, losses or damages on the minor

in part by the negligence of the Releasees or otherwise, including negligent rescue operations, and further agree that if, despite this release, I, the minor, or anyone on the minor

against any of the above Releasees, I WILL INDEMNIFY SAVE AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss liability, damage, or cost any Releasee may incur as the result of any such claim.

Printed Name of Parent/or Legal Guardian

Date

Signature of Parent/or Legal Guardian

Summer Classes



Summer Recreational Classes Information & Registration Form



Class Descriptions

TUMBLE BUDDY 2's

This 45-minute class is designed for children 2 years old and requires active buddy (parent, grandparent, caregiver, etc.) participation. As an introductory class in movement education, children are encouraged to use their imaginations as they explore obstacle courses, the Trench Slide, TumbITrak, Bars, Beam, and lots more! (45 minutes per week)

3-All-Me

This 45-minute class is created especially for children 3 years old and is the first class our students are allowed to take all by themselves! Coaches will promote physical fitness through our specialized Workouts more. As always, the emphasis for this class is on fun, fun, fun!!! (45 minutes per week)

Fantastic-4s

This 60-minute class is created for children 4 years old and is a foundational class leading into -tastics our Recreational Gymnastics Training Program. Continued exposure to our encourages lifetime fitness at a young age in addition to an increase in progressively more difficult gymnastics skills. Children continue to experience strength training in the form of TumbITrak, Loose-Foam Pit Play, and Trench Slide Stations. (60 minutes per week)

RECREATIONAL LEVELS:

Major skills required for promotion to the next grouping of skill levels include (but are not limited to

- * **Level 1/2:** Back Pullovers (utilizing a wedge mat) & Cast-Back-Hip Circles on Bars / Candlesticks, Stretch Jumps & Stretch Jump Dismounts on Beam / Backward Rolls, Cartwheels, & Bridges on Floor (60 minutes 1 time/week)
- * **Level 3/4:** Chin-Up Pullovers, Squat Ons, & Single Knee Uprises on Bars / Arabesques & Handstands on Beam / Vertical Handstands, Pike Rolls, & Backbend Kickovers on Floor (90 minutes 1 time/week)
- * **Level 5/6:** Chin-Up Pullovers, Leg Cuts, & Mill Circles on Bars / Side Handstand Dismounts on Beam / Handstand Forward Rolls & Round-Offs on Floor (90 minutes 2 times/week)
- * **Tumbling Classes:** MUST have a round-off back handspring mastered to join the advanced tumbling class. All other tumblers can join in our Beginning/Intermediate Tumbling Classes. (60 minutes per week)

Other Information

- * 15% Tuition Discount on 2nd Day
- * In order to secure a spot in any of our classes, we must receive a completed registration form, signed waiver, tuition payment, and an annual registration fee.
- * We do not -enroll students nor do we maintain a program. (Spots are filled on a first-come, first-serve basis.)
- * Gymnastics / Cheerleading students wear leotards or shorts/tee shirts (jeans, skirts, or other loose-fitted clothing and jewelry are not permitted.)

Flip-Tots & Flip-tastics

Summer Fom

Class	Circle Day(s) & Time Requested			
	Mon	Tues	Wed	Thurs
Boys Strength & Conditioning		8:30	8:30	
Tumble Buddy 2s		8:30	8:30	
3-All-Me	8:30	8:30	8:30	8:30
Fantastic 4	8:30	8:30	8:30	8:30
Rec. 1/2	8:30	8:30	8:30	8:30
Rec. 3/4	8:30	8:30	8:30	8:30
Rec. 5/6	8:30	8:30	8:30	8:30
Rec. 7/8		8:30		8:30
Beg. / Int. Tumbling		12:30		12:30
Adv Tumbling			12:30	

Class	Tuition Schedule					
	Session #1 (June 1 st - 25 th) 4 Week Session	Session #2 (July 6 th - 30 th) 4 Week Session	Pro-Rated Reg. Fee (Renew in August each year)		Both Sessions and Reg. Fee	
			Single	Family	Single	Family
Boys Class	\$63	\$63	\$25	\$35	\$151	\$161
Tumble Buddy 2s	\$46	\$46	\$25	\$35	\$117	\$127
3-All-Me	\$46	\$46	\$25	\$35	\$117	\$127
Fantastic 4	\$63	\$63	\$25	\$35	\$151	\$161
Rec. 1/2	\$63	\$63	\$25	\$35	\$151	\$161
Rec. 3/4	\$94	\$94	\$25	\$35	\$213	\$223
Rec. 5/6	\$111	\$111	\$25	\$35	\$247	\$257
Rec. 7/8	\$120	\$120	\$25	\$35	\$265	\$275
Tumbling	\$63	\$63	\$25	\$35	\$151	\$161

	First Name	Last Name	D.O.B.	
Student #1				E-Mail
Student #2				Emergency Contact Name
Student #3				Emergency Contact # ()
Mom			Cell #	
Dad			Home #	
Mailing Address				

M.B.G.F. does not deny membership based on race, religion, sex, or nationality. There is a place here for everyone!

By checking this box, I give my permission for the staff at Mountain Brook Gymnastics to photograph and/or videotape my child during teaching sessions/special events. I understand that images of my child will be used for marketing purposes only & that the identity of my child will be kept confidential.

Mail w/ Payment and Waiver to:

3677 Bethune Dr. / B

-4889

(Waiver on Back!)