



**CrossFit** KITCHENER  
stronger • fitter • faster

# CrossFit & Climb

Summer Camp 2017

## PLEASE KEEP THIS PAGE FOR YOUR OWN REFERENCE

½ Day at **Grand River Rocks** & ½ day at **CrossFit Kitchener**

**Dates:** July 10-14, July 31-Aug 4

**Time:** 9am-4pm

**Ages:** 6-14

**Price:** \$249.00 plus applicable taxes

Spend the day moving and grooving with CrossFit Kids and Grand River Rocks! Campers will challenge themselves with workout games, vertical climbing challenges, boulder problem solving and fitness exploration. Our awesome and talented team of leaders will guide kids through professional coaching and encouragement, ensuring safety and fun! Campers will also spend 1 hour each day cooling off at Cameron Heights Pool! Friday pizza lunch included. Participants are asked to bring nut-free lunches for Monday-Thursday and snacks for Friday.

**Schedule:** Kids will start the day at Grand River Rocks. At noon, they will walk over to Cameron Heights with our staff, cool off in the pool for an hour before heading over by bus to CrossFit Kitchener on Mill St.

**Grand River Rocks:** Harness rentals are included but shoe rentals are not, so please bring a pair of tight-fitting running shoes (rental shoes are \$5). Also, please bring a refillable water bottle. Participants are asked to wear comfortable clothing. No short shorts, as the harnesses are not padded and are not comfortable on bare skin.

**CrossFit Kitchener:** Kids need to wear comfortable, moveable workout gear and a pair of running shoes. Water Bottles are necessary. Please label them with your Child's name. Kids work up an appetite in our camps so please make sure to pack extra snacks.

**Cameron Heights Pool:** bathing suit, towel, goggles, flip flops, hair brush

\*Also, please bring appropriate clothing for walking over to Cameron Heights. It's about a 10 minute walk, so pack comfortable shoes and clothing, keeping weather in mind. Pack an umbrella if it looks like rain!

## Drop off at Grand River Rocks at 9am

## Pick up at CrossFit Kitchener (Mill St. location) at 4pm

If someone not already listed on this form will be picking up a camp participant, please inform camp staff prior to pickup. Individuals picking up participants should be prepared to show photo identification.

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No refunds. Extenuating circumstances (e.g. medical illness or injury) will be considered on an individual basis.

**GRR HST Registration #:** 832359715

PLEASE SUBMIT COMPLETED REGISTRATION AND WAIVER FORMS (online), ALONG WITH PAYMENT, TO GRAND RIVER ROCKS.

### **GRAND RIVER ROCKS**

50 Borden Ave. South, Unit 1  
Kitchener, ON  
N2G 3R5

[www.grandriverrocks.com](http://www.grandriverrocks.com)  
[info@grandriverrocks.com](mailto:info@grandriverrocks.com)

519.742.1389

### **CROSSFIT KITCHENER**

543 Mill St. #6  
Kitchener, ON  
N2G 2Y5

[www.crossfitkitchener.com](http://www.crossfitkitchener.com)  
[info@crossfitkitchener.com](mailto:info@crossfitkitchener.com)

(519) 208-7240



# CrossFit & Climb

## 2017 Summer Camp Registration Form

Participant information (please print clearly):

*I am registering for:*

July 10-14       July 31-Aug 4

|  |  |                            |  |  |              |
|--|--|----------------------------|--|--|--------------|
| First Name:  |  | Last Name:                 |  | Gender:<br><input type="checkbox"/> male <input type="checkbox"/> female |              |
| Date of Birth: <i>day-month-year</i>                   |  | Age (at time of camp):     | Contact Email Address: ( <i>required</i> ) |  |              |
| Street Address:  |  |                            | City:                                      |  | Postal Code: |
| Daytime Phone #:                                       |  | Emergency Contact:         |  |  |              |
| Evening Phone #:                                       |  | Emergency Contact Phone #: |  |  |              |
| Medical Conditions / Health Requirements / Allergies:  |  |                            |  |  |              |
| Any additional information that we should be aware of? |  |                            |  |  |              |

**Please submit completed forms to GRR and ensure waivers for both Grand River Rocks (online at [www.grandriverrocks.com](http://www.grandriverrocks.com)) and CrossFit Kitchener (see attached) are completed.**

-----Staff to fill out portion below-----

|   |  |                      |  |                               |  |
|---|--|----------------------|--|-------------------------------|--|
| \$249 +tax  |  |                      |  |                               |  |
| Staff: PAID: \$_____ <input type="checkbox"/> Debit <input type="checkbox"/> Visa <input type="checkbox"/> MasterCard <input type="checkbox"/> Cash |  |                      |  |                               |  |
| Date received _____   |  | Staff initials _____ |  | CrossFit Waiver checked _____ |  |
|   |  |                      |  | GRR waiver checked _____      |  |
| <i>Staple copy of receipt to form!</i>  |  |                      |  |                               |  |



# CrossFit Kids Registration Form

**PARTICIPANT INFORMATION**

**Name:** \_\_\_\_\_ **Birthdate:** \_\_\_\_\_ **Age:** \_\_\_\_\_  
First Last mm/dd/yyyy

**Medical Concerns/Allergies:** \_\_\_\_\_ **M** **F**  
PLEASE INFORM US IF YOUR CHILD'S HEALTH STATUS CHANGES PLEASE CIRCLE

**PARENT/GUARDIAN INFORMATION**

**Name:** \_\_\_\_\_ **Phone #:** \_\_\_\_\_

**Email:** \_\_\_\_\_ **Emergency Contact**

**Name:** \_\_\_\_\_ **Phone #:** \_\_\_\_\_

**Email:** \_\_\_\_\_ **Emergency Contact**

**How did you hear about us?**  
 \_\_\_\_\_

**PRIVACY CODE**

I am aware that CrossFit Kitchener maintains the information above and that staff may have access to the information. CrossFit Kitchener will not share any information with any other party.

**TERMS AND CONDITIONS OF ENROLLMENT**

**Payments** - We accept cash, cheque, Visa, MasterCard, and Debit. A \$25 fee will apply to NSF cheques.

**Registration** – Registration is confirmed upon receipt of payment.

**Refunds** - Refund is available with minimum one week notice prior to start of first class. Admin Fee of \$25 is non-refundable. Refunds are not offered after start of the session.

**Cancellations** - CrossFit Kitchener reserves the right to cancel or change class times due to insufficient enrollment. Advance notice will be provided and a full refund will be provided.

**Make-up Classes** – Make-up classes are unavailable.

**Discounts** - Multiple family member discount: 10% for second child, 15% for third child.

**WAIVER AND RELEASE**

Although all efforts will be made to provide a safe and enjoyable exercise program, it must be recognized there are inherent risks involved in participation in any sport. I, the undersigned, hereby agree to indemnify and save harmless CrossFit Kitchener of Kitchener, Ontario its principals, officers, instructors, coaches, employees, members and clubs against all claims, demands, costs, damages, actions, suits or proceedings arising out of participation of my child, named above, in any CrossFit activity. CrossFit Kitchener reserves the right to photograph and/or video participants involved in CrossFit Kitchener programs to be used for the sole purpose of promotional material and publication; therefore I, the undersigned, waive any rights of compensation or ownership thereto.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**OFFICE USE**

**Athlete Type:**  Member's Child  Non-Member's Child **Session:** Fall Winter Spring Summer  
please circle  
**Paid:** \_\_\_\_\_ **Rec'd by:** \_\_\_\_\_ **Entered in MB:** \_\_\_\_\_  
Initials Initials