

CrossFit & Climb

CrossFit KITCHENER
stronger • fitter • faster



March Break Camp 2017

PLEASE KEEP THIS PAGE FOR YOUR OWN REFERENCE

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

Dates: March 13-17

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! Kids will have the chance to feel like super heroes through a series of empowerment exercises and team building activities. We will challenge ourselves 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.

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.

Umbrella's are also a good idea in case it rains during the walk to the pool.

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

Pickup & Drop-off:

Drop off at Grand River Rocks at 9am.

Pick up at Cameron Heights Pool at 4pm. Please don't be late!

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.

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, ALONG WITH PAYMENT, TO GRAND RIVER ROCKS.

(CrossFit waiver form attached; GRR waiver online at www.grandriverrocks.com)

GRAND RIVER ROCKS

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

www.grandriverrocks.com

info@grandriverrocks.com

519.742.1389

CROSSFIT KITCHENER

50 Borden Ave. South, Unit 3
Kitchener, ON
N2G 2R2

www.crossfitkitchener.com

info@crossfitkitchener.com

(519) 208-7240

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2017 March Break Camp Registration Form

Participant information (please print clearly):

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

Please submit completed forms and ensure waivers for both Grand River Rocks (online – either sign on our website prior to registration *or* in person at GRR) 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 _____ 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