

YOUTH FITNESS CLUB

at Neighborhood House Community Center

Fitness Club will be led by a certified instructor and will include exercises from Zumba® and POUND®. Zumba is a Latin music-based dance party and workout. Together, we'll do fun and easy-to-follow footwork and movements to a variety of Latin and international rhythms. POUND® is a drumming-inspired workout and jam-session, in which we use special plastic drumsticks (called "ripsticks") to drum on the floor/in the air to the beat of popular songs from a variety of different genres.

Fitness Club begins Wednesday, May 10 and will end on Wednesday, June 7. Classes will be held at Neighborhood House Community Center on Wednesdays at 3:00-4:00 PM. Fitness Club is open to youth ages 7-15. This club is free.

To sign up for Fitness Club, please complete and return this application to Neighborhood House Community Center at programs@neighborhoodhousemadison.org or 29 S Mills St, Madison, WI 53715.

Youth's Name: _____ Date: _____

Date of birth: ____/____/____ Age: _____ Gender: _____

Name of school: _____ Grade: _____

Parent/Guardian Name: _____ Phone: _____

Address: _____ City: _____ State: _____ Zip: _____

Email: _____

Emergency Contact Name: _____ Phone: _____

Liability Waiver:

By registering or participating, the registrant understands that individual accident insurance is not provided for NHCC programs and agrees to adhere to program rules. I do, hereby, for myself, my heirs, executors, and administrators, waive, release, and forever discharge any and all rights and claims for damages that I may have or that may hereafter accrue to me arising out of, or in any way connected with my participation in NHCC programs. Photos may be taken during program for educational and marketing purposes. I have read and agree to follow these registration policies.

Parent/Guardian Signature

Date