



Metropolitan

GYMNASTICS

Come have fun with us!

GYMNAST'S NAME: _____ CLASS _____
Last First

GYMNAST'S NAME: _____ CLASS _____
Last First

GYMNAST'S NAME: _____ CLASS _____
Last First

ADDRESS: _____ City: _____ Zip: _____

EMAIL: _____ PARENT'S NAMES: _____

PHONES: Home: _____ Work: _____ Cell: _____

Initials

PAYMENT PROCEEDURES: Tuition is due at registration. Rates and registration procedures are published in the Session Registration brochures. Once enrolled, "all sales are final". Metropolitan does not offer refunds or credits. We offer automatic re-enrollment and automatic payment for your gymnast. Ask the desk for further information.

FURTHER INFORMATION: Please review information concerning your child's enrollment at Metro on the Back of this form.

MEDICAL COVERAGE: Gymnasts must be covered by health insurance in order to participate in the Program. My child is covered by health insurance
Insurance Carrier: _____ Policy #: _____

MEDICAL INFORMATION: Does your child have any medical or learning problems that will interfere with Gymnastics: NO: _____ YES: _____ (If yes, please explain: _____)

**RELEASE FROM LIABILITY AND INDEMNITY AGREEMENT/PERMISSION TO TREAT IN AN EMERGENCY
PLEASE READ CAREFULLY BEFORE SIGNING**

I acknowledge that I am the parent or legal guardian of the child(ren) identified above and voluntarily authorize my child(ren) to participate in the gymnastics classes at Metropolitan Gymnastics. I have read Metropolitan's written warning of the dangers inherent in gymnastics and recognize that participating in gymnastics involves risks of serious injury, whether foreseen or unforeseen in connection with my child(ren)'s participation in this activity, and **WE AGREE TO DEFEND, INDEMNIFY, HOLD HARMLESS, WAIVE, AND RELEASE METROPOLITAN GYMNASTICS, TOGETHER WITH ITS OFFICERS, TRUSTEES, EMPLOYEES, AGENTS, AND MEMBERS, AGAINST ANY AND ALL LIABILITY CLAIMS AND CAUSES OF ACTION ARISING OUT OF, OR IN ANY WAY CONNECTED WITH MY CHILD(REN)'S PARTICIPATION IN THIS ACTIVITY.**

Furthermore, I assume complete responsibility for any property damage, and/or personal injury caused by my child(ren) in connection with his/her participation in Metropolitan Gymnastics.

I have fully and accurately completed the Medical Information section in my child(ren)'s enrollment application and assert that my child(ren) has/have no physical condition that would prevent or hinder his/her/their participation. In the event of any injury, I authorize Metropolitan and its employees to administer first aid, transport my child to a hospital, initiate medical treatment and hold my child until I can be notified.

I understand that this Release Agreement is a contract and shall remain in effect for the duration of my child(ren)'s participation in Metropolitan's gymnastics classes. This agreement contains the Entire Agreement between the parties and supersedes any prior agreement whether oral or written. The Release Agreement shall bind my heirs, personal representatives, assigns, and all members of my family, including minors. I HAVE FULLY INFORMED MYSELF OF THE CONTENTS OF THIS APPLICATION AND RELEASE FROM LIABILITY AND INDEMNITY AGREEMENT BY READING BEFORE SIGNING IT.

Signature: _____ Date: _____

Printed Name: _____ Spouse/Partner: _____

OPEN GYM/MAKEUPS

We offer Open Gym as a Make-Up for Recreational gymnasts who are 7 years and older. Here is how it works:

- Open Gym is every Saturday that we are open from 9 to 11 am
- Gymnasts must be registered members currently enrolled in classes to participate in Open Gym
- Gymnasts may come on a drop in basis as often as they like

Make ups from Preschoolers and Rec gymnasts who are under 7 years old are also offered. Call the desk to schedule your gymnast and get the details.

REFUND

Refunds are NEVER given. We commit the training slot to you and pay the instructor s well as other operating expenses even if you don't come. If you miss class, please don't ask for a refund. It is much better for your child's progress and our financial health to make up the class.

TIMELINESS

Classes start on time because the instructor needs all the time available to complete lesson plans, and we are legally obliged to provide a warmup. If you arrive less than five minutes late, join right in, Students who are more than five minutes late may also join in, but they have already missed a significant amount of the mat drills and will need to complete their stretching during the first event. Please remember, for you're your child's safety, the stretching is designed to teach and get the body ready for heavy work, and cannot be missed.

MEDICAL COVERAGE

Metropolitan self-insures its' own medical coverage. We pay the same way insurance does: that portion of the costs which your primary insurance does not cover, up to a limit of \$10,000 per incident. Our risk is covered by a reserve into which a portion of your registration fee is placed. Gymnasts attending classes must provide proof of insurance in order to participate. For more information or claims, contact us at 425-282-5010.

WARNING—DANGER

IT IS IMPOSSIBLE to completely eliminate the danger in gymnastics with padding, mats, spotting, coaching, or supervision. Although we have never had a catastrophic injury and the nationwide incidence of catastrophic injury in gymnastics is small, a gymnast could be seriously injured while participating.

Gymnastics is inherently dangerous because the gymnast is constantly subject to the force of gravity while maneuvering in the air and on the ground. The moving body may contact other objects that don't move, creating the risk of injury. The gymnast can be injured and the injury can be extremely serious: broken bones or damage to internal organs. These injuries can be extremely painful. Total paralysis and/or death can result from landing improperly on the head, neck, or back.

At Metropolitan, we deal with this danger by:

- following a tested, proven curriculum
- testing and training our instructors and Master Staff
- providing appropriate equipment and mats
- maintaining a small student-instructor ratio
- requiring students to be supervised at all times

We at Metropolitan promise that we will take good care of your child, using the safest techniques known.