



YUBA CITY RACQUET &
HEALTH CLUB

YOUTH FITNESS

Youth Fitness Clinics 2021

With instructor/trainer Javoni Murphy

BASKETBALL

Every Wednesday Ages 7-11 @ 4:15pm-5:15pm
Ages 12-17 @ 5:15pm—6:15pm

Description: In these clinics kids will learn the basic fundamentals of basketball, focusing on shooting, defense, ball handling and many other fundamentals. No prior experience needed to join this class.

KINETIC SPORTS TRAINING

Every Thursday Ages 7-17 @ 4:15pm-5:15pm

Description: Kids using body weight to increase physical ability without the risk of injury and inflexibility of weights, reducing strain on the body. Increasing overall strength using full ROM (rang of motion), speed, coordination, and agility. When combined together turns into powerful movements that we see from our professional athlete's today. Allowing all to attend the class from the ages of 10 to 17 year of age. Exceptions will be made based on the fitness level of the child. Allowing all ages to advance to in activity such as sports like basketball or any other sport.

ADDITIONAL INFO: Classes are non refundable and non transferable. Revolving billing is MTM, 30 day expiration and a written 30 day notice to cancel is required. There are no make up sessions. For more details contact Erika at: erika@ycrc.com

Please sign waiver on back of registration form

YOUTH FITNESS CLINICS REGISTRATION FORM 2021

Participant Name: _____ Age: _____ Date: _____

Guardians Name: _____ Phone #: _____

Please List Clinic or Clinics Name: _____

COST: Member: **\$59** per month or 2 clinics for \$99 per month Charter School: **\$79** per month or 2 clinics for \$149 per month

Charter School Name if Applicable: _____

Revolving Billing Signature (members only) : _____ Date: _____

Check # _____ or If you wish to use a **credit card** _____ or **cash** _____ please indicate and take your registration form to the Front Desk to complete your transaction.

WAIVER OF LIABILITY

The undersigned recognizes that the use of the equipment and facilities of the Yuba City Racquet and Health Club involves a risk of physical injury including that caused by the negligence of himself/herself or The Yuba City Racquet and Health Club, its agents and employees. The undersigned hereby agrees to assume the risk of injury in its entirety regardless of the cause.

The undersigned hereby voluntarily and forever releases, discharges, waives and relinquishes any and all actions, causes of action, or claims or personal injury, property damage or wrongful death occurring to himself/herself, against the Yuba City Racquet and Health Club, its agents and employees arising out of his/her use of the facilities. The undersigned further relinquishes any action, causes of action, or claims which may hereafter arise, and agrees that under no circumstances will he/she present any claim for personal injury, property damage or wrongful death against the Yuba City Racquet and Health Club, its agents and employees, arising out of his/her use of the facilities.

The undersigned agrees that in the event of any claim for personal injury, property damage or wrongful death to the undersigned is prosecuted against the Yuba City Racquet and Health Club, its agents and employees, he/she shall indemnify and save harmless the same Yuba City Racquet and Health Club from any and all such claims and causes of action.

IT IS THE INTENTION OF THE UNDERSIGNED, BY THIS INSTRUMENT, TO EXEMPT AND RELIEVE THE YUBA CITY RACQUET AND HEALTH CLUB, ITS AGENTS AND EMPLOYEES FROM LIABILITY FOR PERSONAL INJURY, PROPERTY DAMAGE OR WRONGFUL DEATH CAUSED BY ITS NEGLIGENCE.

(signature of Legal Guardian is required if guest is under 18 years old)

PRINT NAME: _____ SIGNATURE: _____ DATE: _____

PRINT NAME: _____ SIGNATURE: _____ DATE: _____

PRINT NAME: _____ SIGNATURE: _____ DATE: _____