



Get up. Get Out. Get Moving.

**Before School Program**

2019-2020

**Conestoga Middle School**

Every Wednesday Morning

### Fun & Play Matter!

Facts: Our Kids are sitting more and moving less. One-third of our children are obese and suffering major health problems. This number is predicted to grow to 46% by 2030

### All Kids Are Welcome

- All age/grade levels! All kids of all interests and abilities. This program is for all kids!!
- Kids who participate in sports outside of school love our program because it offers a different kind of FUN that is often missing from traditional sports
- Kids not in sports and need more play and activity time.

### We Also Offer

Full-day camps on teacher-in-service and furlough days.

**Play.Fit.Fun! is the answer**



Get up  
Get out  
Get moving!

## The Place To Be For Games! Play! Fun! Activity! & Fitness!

**Day:** Every Wednesday morning 8:00am - 8:45am. Students will have fun being active and then go to class with their eyes wide open, ready to concentrate and learn!

**Play. Fit. Fun** is like PE that crashed into field day and then bumped into team building! Activities are organized, uplifting, empowering, and 100% focused on your students!

**Your student will enjoy** structured curriculum by Play. Fit. Fun coach, Spencer Rubin. Activities are specifically designed for the middle school age group!

**Goal for your student** Increased fitness levels, improved self esteem & image, teamwork, imagination, focus, confidence, leadership, and a positive attitude!

**Play. Fit. Fun! Philosophy** Kids of ALL ages, abilities, and sizes need more activity, fun, and play! Kids are meant to play and move! With play and group activities, kids learn, socialize, and build confidence. In today's world our kids are sitting more, and playing and moving less. Play. Fit. Fun! can turn your student's activity level around for a healthier life. We are about playing with fitness in mind and learning to have fun while being active. It's that simple! Your student will be empowered, supported, and instructed.



For additional information, please visit [playfitfun.com](http://playfitfun.com) or call us at **971-732-4745** and allow us to answer any questions

**Only \$95  
Per Trimester  
Fall/Winter/Spring**

**ENROLL NOW FOR FALL CLASSES!**



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[playfitfun.com](http://playfitfun.com) • 971-732-4745 • [spencer@playfitfun.com](mailto:spencer@playfitfun.com)



## CONESTOGA MIDDLE SCHOOL: BEFORE-SCHOOL-ACTION REGISTRATION FORM

E-MAIL: [spencer@playfitfun.com](mailto:spencer@playfitfun.com) PHONE: 971-732-4745

### STUDENT/CHILD INFO.

FIRST NAME \_\_\_\_\_ MIDDLE INITIAL \_\_\_\_ LAST NAME \_\_\_\_\_ D.O.B. \_\_\_/\_\_\_/\_\_\_

STREET ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ ZIP \_\_\_\_\_

GRADE \_\_\_\_\_

PARENTS' NAMES: MOTHER \_\_\_\_\_ FATHER \_\_\_\_\_

PHONE NUMBER (\_\_\_\_) \_\_\_\_ - \_\_\_\_\_ ALTERNATE PHONE (\_\_\_\_) \_\_\_\_ - \_\_\_\_\_

E-MAIL ADDRESS(ES) \_\_\_\_\_

PLEASE INDICATE ACITIVITIES YOUR CHILD ENJOYS: \_\_\_\_\_

### TUITION: \$95.00 PER SEASON

SEASONS: Fall \_\_\_\_ WINTER: \_\_\_\_ SPRING \_\_\_\_ (You can sign up for 1 season at a time, or for the entire school year)

(PAYMENTS: Checks made out to Spencer Rubin. VENMO payment option available)

### MEDICAL INFORMATION

Injuries: \_\_\_\_\_ Allergies \_\_\_\_\_ Does child have own inhaler? **Y N**

Other medical concerns: \_\_\_\_\_

PARENT/GUARDIAN SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

MAIL PAYMENTS AND COMPLETED FORMS TO: 13790 SW HITEON DR. BEAVERTON, OR 97008



**E-MAIL: [spencer@playfitfun.com](mailto:spencer@playfitfun.com) PHONE: 971-732-4745**

**PLAY.FIT.FUN WAIVER AND RELEASE ASSUMPTION OF RISK AND INDEMNIFICATION**

For good and valuable consideration the receipt and sufficiency of which is hereby acknowledged, \_\_\_\_\_, (Insert name of Participant – PLEASE PRINT) hereinafter referred to as “Participant”, and \_\_\_\_\_, (Insert name of Participant’s parents or legal guardians names – PLEASE PRINT), hereinafter referred to as “Parents/Guardians” agree as follows:

1. To the fullest extent permitted by law, we, & each of us, give full, final, & unconditional permission for the Participant to participate in any & all training, workouts, conditioning, games, scrimmages, & other functions, all in which are hereinafter “Activities”, sponsored, hosted, coordinated, or attended in whole or in part, by Play.Fit.Fun.
2. To the fullest extent permitted by law, we, and each of us, understand the nature and danger of the Activities and believe that the Participant is now fully qualified to participate in all of them. We FULLY UNDERSTAND that the Activities involve risks and dangers of **BODILY INJURY, INCLUDING PERMANENT DISABILITY**; these risks and dangers may be caused by the Participants own actions, or inactions, or the actions or inactions of others participating in the Activity, the condition in which the Activity takes place or THE NEGLIGENCE OF THE “RELEASEES NAME BELOW; and **WE FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES** incurred as a result of Participants participation in any Activities.
3. To the fullest extent permitted by law, we and each of us, **HEREBY UNCONDITIONALLY IRREVOCABLY, FULLY AND FINALLY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS PLAY.FIT.FUN**, as well as any and all of their respective employees, officers, directors, members, organizers, sponsors, supervisors, leaders, participants, officials, referees, volunteers, coaches, agents, and representatives as well any and all other players, other players’ parents and legal guardians (each considered one of the “Releasees” herein) from any and all claims and negligence (active or passive), strict tort liability or otherwise. (Including but not limited to claims and damages for injury, illness or death) whether known or unknown, now existing or arising at any time in the future which arise by reason of or in any way related to this Agreement or any of the Activities.
4. To the fullest extent permitted by law, we and each of us, further agree that if, despite this release, we or anyone on any of our behalf makes a claim against any of the Releasees named above, **WE WILL DEFEND, INDEMNIFY, SAVE AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGE OR COSTS ANY MAY INCUR AS THE RESULT OF ANY SUCH CLAIM.**
5. To the fullest extent permitted by law, we, and each of us, hereby authorize Play.Fit.Fun Coach/President, to act for us in any emergency situation requiring medical transportation, treatment or attention and to authorize any or all of the same on our behalf and at our sole cost and expense.
6. PHOTO RELEASE: Play.Fit.Fun may take pictures of all participants for the following reasons: (1) To show and detail to Parents/Guardians what the Participants are involved in weekly and (2) To use the photos promotionally on the Play.Fit.Fun web page, slide shows, and other forms of Play.Fit.Fun marketing.
7. **WE HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT WE HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW.**

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Signature of Parent/Guardian

Printed Name of Parent/Guardian

Date