



Get up. Get Out. Get Moving.

After School Program  
2018-2019

West Union Elementary  
Every Wednesday Afternoon

### Fun & Play Matter!

**Facts:** Childhood Obesity is at an all time high! 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

- You work and want to have your child in a safe and active after school program
- Kids in sports and you want to keep them moving on non-practice days
- Kids not in sports and need more play and activity time

*Play. Fit. Fun! is the answer for you and your child!*

### We Also Offer

Full-day camps on teacher-in-service and furlough days. Also, winter and spring break camps. Your child will be taken care of with full adult supervision and activities - no leaving them home alone or finding alternate care.

## The Place To Be For Games! Fitness! Sports! Play and Fun!

**Day/Hours:** Every Wednesday afternoon 1:45pm - 5:30pm. Kids will have fun being active and then finish their day with renewed energy and focus. Kids may be picked up any time.

**Your child will enjoy:** Structured Curriculum by experienced Play. Fit. Fun! coach and instructor Spencer Rubin. Activities will be organized, uplifting, empowering and 100% focused on the kids!

**Organized activities & challenges will include:** Active games, agility movement & Active Play! This is P.E. crashing into Field Day!

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

*All enrolled children and their families will receive benefit services, including: FREE physical evaluations and spinal screenings throughout the year from local medical professionals/experts. Plus, FREE safety & fitness instruction from trained physical therapists and more!*

**About our head trainer:** Spencer Rubin has coached and trained children of all ages over 15 years in various sports, including soccer and basketball. A Beaverton resident, Spencer, and his wife Betsy, have 3 kids in Beaverton Schools (Hiteon, Conestoga & Southridge). In addition to his athletic background, he has been in the radio broadcast industry for 24 years involving sales, management, team building and training!

**Play. Fit. Fun! Philosophy:** Kids of all ages, abilities & 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, playing and moving less. Play. Fit. Fun! can turn your child's activity level around for a healthier life. We are about playing with fitness in mind and learning to have fun being active. It's that simple! Your child will be empowered, supported, and instructed.

For additional information, please visit: [playfitfun.com](http://playfitfun.com)

**Play. Fit. Fun!** Call or email and allow us to answer any questions:  
971-732-4745 • [spencer@playfitfun.com](mailto:spencer@playfitfun.com)

\$75  
Per Trimester  
• Fall  
• Winter  
• Spring

**Enroll soon, classes fill quickly!**



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THE HILLSBORO SCHOOL DISTRICT DOES NOT SPONSOR OR ENDORSE THE ACTIVITIES AND/OR INFORMATION IN COMMUNITY FLYERS.



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Get out  
Get moving!



## PLAY.FIT.FUN AFTER SCHOOL FUN 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 \_\_\_\_\_

E-MAIL ADDRESS \_\_\_\_\_ PHONE NUMBER (\_\_\_\_) \_\_\_\_-\_\_\_\_ ALTERNATE PHONE (\_\_\_\_) \_\_\_\_-\_\_\_\_

SCHOOL \_\_\_\_\_ GRADE \_\_\_\_\_

### EMERGENCY CONTACT

FIRST NAME \_\_\_\_\_ LAST NAME \_\_\_\_\_ RELATIONSHIP TO CHILD \_\_\_\_\_

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

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

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

### MEDICAL INFORMATION

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

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

APPROXIMATE TIME YOU WILL PICK UP YOUR CHILD: \_\_\_\_\_

People Allowed To Pick Up Your Child: \_\_\_\_\_

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



**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, and each of us, give full, final, and unconditional permission for the Participant to participate in any and all training, workouts, conditioning, games, scrimmages, and 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