

JUNIOR RACQUETBALL INSTRUCTION

Session 3: April 19 - June 2

Classes are open to **children ages 7 & up**. Participants must provide their own protective eyewear (available for purchase at the Club), all other equipment is provided. Players should wear comfortable clothing and sneakers with non-marking soles. Please bring a water bottle to class.

Beginner classes include general warm-up and stretching, footwork drills and speed training. Stroke mechanics, rules, strategy and serve and service return techniques are covered. Sportsmanship and safety are emphasized. There is game play on a weekly basis.

Intermediate and Advanced classes expand upon these skills and higher level drills are utilized to continue development.

Special classes for the competitive athlete include fitness training and special practices with drills geared toward fine tuning their games.

Program Fees: Child Member \$25; Child of Member \$50; Non-Members \$65.



Intermediates (Single/Double Bounce):

Tuesdays 5—6 pm

Beginners (Multi Bounce):

Tuesdays 6—7 pm

Advanced (Single Bounce ONLY):

Wednesdays 5 —6 pm

Mixed Levels (Beginner / Intermediate)

Wednesdays 6—7 pm

Child's Name _____ Age _____

Parent's Name _____

Address _____ City _____ Zip _____

E-Mail Address _____

Home Phone _____ Cell Phone _____

Amount Paid _____ Receipt # _____

Are there any special needs/medical conditions the coaching staff should be aware of (i.e. asthma)? _____

Has your child ever had a head/neck injury or experienced a concussion? Please explain. _____

Select class: ☐ Tues. 5-6 PM ☐ Tues. 6-7 PM ☐ Wed. 5-6 PM ☐ Wed. 6-7 PM

Please return registration form to: HRC FITNESS, 30 Brower Lane, Hillsborough NJ 08844.

For further information contact Gloria at 908-359-3600 weekdays after 2 pm.

Please sign waiver on reverse side of form





30 Brower Lane
Visit us online at hrcfitness.com
908-359-3600 Tel
908-359-3529 Fax

Building Your Body, Mind and Spirit

HRC Management, Inc. Waiver of Liability

The management reserves the right to terminate membership and/or deny access to the facility at any time for behavior deemed inappropriate, offensive or disruptive to the establishment and/or its clients. Because physical exercise can be strenuous and subject to risk of serious injury, HRC Management urges you to obtain a physical examination from a doctor before using any exercise equipment or participating in any physical activity. You (each member, guest, and all participating family members) agree that if you engage in any physical exercise or activity, or use any club amenity on the premises or off premises including any sponsored club event, you do so entirely at your own risk. You agree that you are voluntarily participating in these activities and use of these facilities and premises and assume all risks of injury, illness, or death. We are also not responsible for any loss of your personal property. This waiver and release of liability includes, without limitation, all injuries which may occur as a result of, (a) your use of all amenities and equipment in the facility and your participation in any activity, class, program, personal training or instruction, (b) the sudden and unforeseen malfunctioning of any equipment, (c) our instruction, training, supervision, or dietary recommendations, and (d) your slipping and/or falling while in the club, or on the club premises, including adjacent sidewalks and parking areas. You acknowledge that you have carefully read this "waiver and release" and fully understand that it is a release of liability. You expressly agree to release and discharge HRC Management, the health club, and all affiliates, employees, agents, representatives, successors, or assigns, from any and all claims or causes of action and you agree to voluntarily give up or waive any right that you may otherwise have to bring legal action against HRC Management for personal injury or property damage. To the extent that statute or case law does not prohibit releases for negligence, this release is also for negligence on the part of HRC Management, its agents, and employees. I have read this entire contract before I signed the original. I fully realize that this is a binding legal document, which affects any claims I might have had resulting from my use of any facility before, during and after my enrollment in any program.

By signing below, you give HRC Management, Inc. the right to use your email address in our Company email list. You have the option of opting out of our email correspondences at any time.

MEDIA RELEASE POLICY – Professional photography and recording of video on the premises is not permitted without the advance approval of HRC Management. Personal photography is allowed in public areas of the club only. You must have consent to photograph any other member, guest or HRC employee. No photography or cameras of any kind are allowed in any locker room or other private area of the club. HRC Management may request permission at certain times to photograph or video its members and guests. HRC Management will only use such photograph or video upon your written consent and for informational or advertisement purposes only.

Primary Contact Signature _____ Date _____
(If Minor – Under 18 Years – Parent/Guardian Must Sign)