

# GYMNASTICS

Jump Start Gymnastics offers a 30 minute gymnastics class packed full of high-energy fun! Quality gymnastics instruction, including bars, balance beam, and trampoline, is offered at German International School! Your child will learn balance, strength, coordination, and flexibility all while building confidence and self-esteem!



## Cost

**\$160.00** for 8 weeks

+ one-time registration  
fee = **\$25.00** (new students)

\*Paper registration form on back\*

## Winter session

January 14th - March 18th

**Mondays**

**3:15 pm - 4:15 pm**

Online registration link under 'classes'  
tab at [www.Jumpstartmobilegym.com](http://www.Jumpstartmobilegym.com)

[Sarah@Jumpstartmobilegym.com](mailto:Sarah@Jumpstartmobilegym.com)

[www.Jumpstartmobilegym.com](http://www.Jumpstartmobilegym.com)

[www.facebook.com/jumpstartgymnastics](https://www.facebook.com/jumpstartgymnastics)

503-475-2346



# JUMP START GYMNASTICS

## Release of liability



By the very nature of the activity, gymnastics carries a risk of physical injury. No matter how careful the gymnast and coach are; no matter how many spotters are used; no matter what height is used or what landing surface exists; the risk cannot be eliminated. The risk of injury includes minor injuries such as bruises, and more serious injuries such as broken bones, dislocations, and muscle pulls. Although it is very unlikely, the risk also includes catastrophic injuries such as permanent paralysis and even death from landing or falls on the back, neck, or head. Basic first aid will be administered for all minor injuries. Parents, paramedics, and ambulance, or doctors may be called when necessary.

I, despite all reasonable precautions implemented for safety, am fully aware of and appreciate the risks, as well as other damages and losses associated with participation in the programs or activities. I knowingly and willingly assume all such risks. Consequently, I hereby for my self, heirs, executors, and administrators, do waive and release any all rights and claims for damages against Jump Start Gymnastics, Coaches, Employees or other members of representatives of JSG, whether paid or volunteer, from personal injury or accident of any sort or nature suffered by me, the undersigned, by reason of participation or membership in classes, lessons or any programs or activities of JSG.

I, the minor's parent and /or legal guardian, understand the nature of these activities and the minor's experience and capabilities and believe the minor to be qualified, in good health, and in proper physical condition to participate in such activity. I hereby release, discharge, covenant not to sue, and agree to indemnify and save and hold harmless each of the "releases" from all liability claims, demands, losses, or damages on the minor's account caused or alleged to be caused, in whole or in part by the negligence of the "releases" or otherwise, including negligent rescue operations, I further agree that if, despite this release, I, the minor, or anyone on the minor's behalf makes a claim against any of the releases named above, I will indemnify, save, and hold harmless each of the releases from any litigation expenses, attorney fees, loss liability, damage or cost any may incur as the result of any such claim.

**Parents Signature (release of liability)**

**Date**

**Parents Name (please print)**

**Street**

**City**

**Zip Code**

**Home Phone (**

**)**

**CellPhone (**

**)**

**Childs name (please print)**

**Childs birthdate**

**/**

**/**

**Email address**

**Any known medical conditions or problems**

**Date of last physical exam**

(For Office Use Only)

Reg paid:

Start Date:

Notes/Comments:

Check this box if JSG does NOT have permission to publish pictures of your child for promotional purpose