



561 Brant Street
PO Box 85172
Burlington, ON
L7R 2G0

Sue Abell
(905) 580-9777
sue@treadpowerfully.com
www.treadpowerfully.com

Teen Strength for Girls
Registration/Waiver and Release from Liability Form

(All information collected on this form treated as strictly confidential)

2010 Spring/Summer Season

Date: _____

Parent/guardian name: _____

Participant name: _____

Date of birth: _____ (dd-mmm-yyyy)

Emergency contact numbers: _____ (home)

_____ (work)

_____ (cell)

Email of parent/guardian: _____

Parent Permission and Acknowledgement

I give my daughter, _____, permission to participate fully in the *Teen Strength for Girls* class with her equipment and other athletic tools used during class. I hereby affirm that my child is in good physical condition and does not suffer from any disability that would prevent or limit her participation in this physical fitness program. I am fully aware of the physical risk of injury or death in participating in this program and voluntarily agree to accept full responsibility and legal liability for same for my child. This includes but is not limited to heart attacks, muscle strains, pull or tears, shin splints, knee, back or foot injuries, however caused, occurring during or after her participation in the *Teen Strength for Girls* program.

I agree to hold harmless Tread Powerfully® management and instructors and all associated person(s) and/or entities from and against any and all liability for any harm to my child or to their property that may arise from her participation in this program.

Parent/Guardian Signature: _____ **Date:** _____

I, _____, have voluntarily decided to participate in the *Teen Strength for Girls* class. I understand that it involves strenuous physical activity which will include aerobics, strength training and stretching. I commit to being a positive member of the class and giving my personal best.

Participant's Signature: _____ **Date:** _____