



330-666-9401

1347 Sunset Drive, Copley OH 44321

Tyson Fitness Challenge

Teaching HEALTHY Lifestyles

The Tyson Fitness Challenge is a fitness initiative that encourages physical fitness through fun activity with an emphasis on strength training, cardiovascular exercise, flexibility, and good nutrition.

Wednesday 3:15 - 4:45 pm

Classes held at Copley Middle School

Starts September 29 6 weeks of classes

Special Price \$60

(for all six classes)

★ 40% discount ★

Spaces Fill Quickly! Call to Sign Up

LET'S GET OUR YOUTH FIT!

Our society has lost its focus on fitness, especially regarding children. Today's youth have replaced climbing trees, jumping rope and playing tag with video games, computers, television and texting. These activities are why the fitness message is important. This is a GREAT opportunity to teach our children about the benefits of living a HEALTHY lifestyle!

Please Visit our Website for more information:

www.westsidegymnastics.net

How to Join

1. Call West Side Gymnastics to be put on the class list. (Ask for Tyson Fitness Challenge)
2. Payment Options
 - A. Mail in check along with Waiver Form below to West Side Gymnastics
 - B. Call to pay by Credit Card over the phone (VISA or Mastercard) & mail Waiver Form to West Side Gymnastics
 - C. Stop in & pay at West Side Gymnastics (Checks can be made out to WSG)
3. Payments must be paid by September 15 to reserve your spot in the class.
4. There will be NO Refunds after September 29, 2010.
5. Limit is 20 children per class & is set-up on a first come first serve basis.
6. A Monday class may be offered depending on the number of sign-ups.

Please complete form below & return to West Side Gymnastics along with payment.

WEST SIDE GYMNASTICS, INC. REGISTRATION FORM

Student's Name _____ Age _____

Home Phone _____ Work Phone _____ Date of Birth _____

Cell Phone _____ Email address _____

Address _____ City _____ Zip _____

Parent's Name(s) _____

WAIVER AGREEMENT/RELEASE

I understand and fully appreciate that the sport of gymnastics involves certain inherent risks and is a hazardous sport. I further understand and appreciate that the inherent risks in the sport of gymnastics include, without limitation, risk of bodily injury. I hereby, for myself, my heirs, executors, administrators, and assigns, waive and release any and all rights and claims for damage I have against West Side Gymnastics Club, Inc., their agents, representatives, successors, and assigns for any and all injuries and losses suffered by me and mine in connection with West Side Gymnastics Club, Inc.. Additionally, West Side Gymnastics Club Inc., has my permission to render any necessary first aid emergency treatment to my child while in attendance at West Side Gymnastics Club, Inc., or any of their functions.

CAUTION: READ BEFORE SIGNING. Signature hereon acknowledges that the undersigned has read and fully understood the terms and conditions set forth above and voluntarily agrees to those terms and conditions.

Signature _____ (Parent or Guardian)