

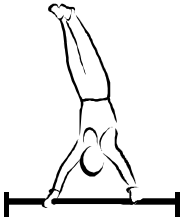
Little Stars Gymnastics 2010 Summer Programs

at the Middleburg Hts. Community Center



Gymnastics Classes

- A four week session will be held on Mondays from (July 12-August 2)
- The fee is just \$40 for members of the center & \$50 for non-members.



- ⇒ Mom & Me (18 months-3 yr. olds) on Tuesdays from 9:30-10:15 am.
- ⇒ Shining Suns (3-4 yr. olds) from 10:15-11:00 am.
- ⇒ Mighty Moons (5-6 yr. olds) from 11:00-11:45 am.
- ⇒ Meteorites (7-10 yr. olds) from 11:45 am-12:30 pm.

- No prior experience is necessary! Activities such as balance beam, single bar, obstacle course, inflatable air trak & basic tumbling skills will be taught! Instructor is USAG certified!

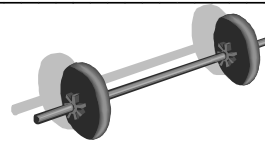
Summer Camps

- Girls & Boys ages 3½-12 are welcome!
- Camps are Monday-Friday the weeks of June 14-18 and/or August 9-13 from 9:00 am-1:00 pm.
- The fee is just \$160 per week, per child with a \$20 discount if you sign up for both weeks!
- Activities include gymnastics skills, craft, organized play, swimming & a pizza lunch on Thursday & Friday only (bring own lunch other days)!



Go to www.littlestargymnastics.com or call 216-410-7637 for more information

Extreme Pump It Up Fitness



- Barbell Pump— a high energy barbell work-out for adults which strengthens and tones your entire body! Classes are held on Mondays & Wednesdays from 6-7 pm, Tuesdays & Thursdays from 5-6 pm, Thursdays from from 9:15-10:15 am & Saturdays from 9:15-10:15 am).
- Cardio Pump—a cardio circuit & strength training class which burns lots of calories. Classes are held on Mondays & Wednesdays from 5-6 pm & Thursdays from 6:15-7:15 pm.
- Purchase a \$50 monthly pass for any of the above classes (take as many as you want) or a \$8 daily fee!

Go to www.extremepumpitupfitness.com or call 216-410-7637 for more information





Registration Form

(see other side for waiver)

Child's Name _____ Child's Age _____ Birthdate _____

Parent's Name(s) _____

Address _____ City _____ Zip _____

Phone: Home (_____) _____ Cell (_____) _____

Phone: Mom's Work (_____) _____ Dad's Work (_____) _____

Email: _____

List any medical conditions, known allergies or special needs or concerns your child has _____

Gymnastics Classes (\$40 for members & \$50 for non-members)

Check Age Group:

_____ Mom & Me (18 months-3 yr. olds) _____ Shining Suns (3-4 yr. olds)

_____ Mighty Moons (5-6 yr. olds) _____ Meteorites (7-10 yr. olds)

Summer Camps (\$160 per child, \$20 discount if you register both camps)

Check Week:

_____ Mon.-Fri., June 14-18 (9:00 am-1:00 pm) _____ Mon.-Fri., August 9-13 (9:00 am-1:00 pm)

Extreme Pump It Up Fitness (\$50 per month for Barbell or Cardio class or \$10 per class). BEST DEAL— 3 month Summer Promo for \$135 (unlimited number of classes)

Just show up and pay on-site! Please bring a water bottle!

To register for these programs, mail check & registration form to Sophia Boyk,
P.O. Box 84, Hiram, Ohio 44234. There will be a \$30 fee for all NSF checks!

No refunds once classes or camps begin!!!



Call Sophia at 216-410-7637, email her at allstargym@att.net
or visit www.littlestarsgymnastics.com for more information & details!!!

Acknowledgement of Risk and Waiver of Liability

As a legal guardian of _____, I hereby consent to the
aforementioned person participating in the Little Stars Gymnastics program. I am fully aware
of and have a complete understanding that potentially severe or catastrophic injuries, including
permanent paralysis or death may be associated with any activity involving height or motion
including gymnastics and related activities including tumbling and/or trampoline.

I hereby release Little Stars Gymnastics, its officers, employees, teachers, and coaches from all
liability for any and all damages and injuries suffered by my child under the instruction, super-
vision, or control of Little Stars Gymnastics or while at any of its facilities. As a legal guardian
of the aforementioned person I hereby agree to individually provide for the possible future
medical expenses which may be incurred by the aforementioned child as a result of any injury
sustained while training with the Little Stars Gymnastics. The acknowledgement of risk and
waiver of liability, having been thoroughly and understood completely, is signed voluntarily as
to its content and intent.

Parent Signature

Date



*These programs are held at the
Middleburg Hts. Community Center
16000 Bagley Rd., Midd. Hts, Oh 44130
440-234-2255*

