Lil’ Muscles DODGEBALL Registration Form

**Dates:**  4 Week Session starting October 2nd. All sessions for both age groups will be on Thursday evenings.

**Ages:**  One group will be K-2nd grade and the second group will be 3rd-5th grade

**Cost:**  $35 if a parent is a member and $40 for non-members

**Days:**  Thursdays 6pm-7pm for K-2nd grade and 7pm-8pm for 3rd-5th grade.

**Deadline:** Forms must be turned in by September 26th to the address below.

If you ever have any questions, please call Ageless.  We are here to help! 217-839-2484 or e-mail us at [pete@ageless-fitness.com](mailto:pete@ageless-fitness.com).

Please return the form below to Ageless in Gillespie, Ageless Squared in Staunton, or mail it to: Ageless, 103 North Jersey Street, Gillespie, IL 62033.

Lil’ Muscles Registration Form for DODGEBALL

**Registration forms are due by September 26th**

Name:                   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Grade level:       \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parents’ Names:   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone number:  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

E-mail address:  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Liability Waiver

As the parent or legal guardian of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (print name of child), I hereby give permission for my child to participate in activities at Ageless, LLC. I understand that the program has activities that can involve physical contact with other participants, the ground or equipment, and that there is a resulting risk of physical injury to my child.

I have explained these risks and benefits of participating in this program to my child and my child is in proper physical condition and has no existing injuries or conditions that could jeopardize his/her safety or health, or the safety or health of the other participants.

I therefore release and discharge all liability for any harm or injury suffered directly or indirectly as a result of my child's participation in any activities at Ageless LLC, including but not limited to the Ll’ Muscles Exercise Program, whether or not resulting from negligence, and I agree not to sue Ageless, LLC, its representatives, staff, or volunteers on any such claim. I also give permission for the staff, representative, or volunteers of Ageless, LLC to administer first aid or to seek medical care for my child during my child's participation in the program, including transportation of my child to a medical facility for additional treatment that appears necessary.

Print name of Parent/Guardian: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature of Parent/Guardian: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_