



Co-Sponsored by Universal Athletic

Ages 8 - 12*

* Children may register within 30 days turning 8 years old

Registration:

To be completed by child and parent

Name: _____ **DOB:** _____

Address: _____

Phone: (H) _____ **(C)** _____

Parent(s) name: _____

E-mail: _____

Do you have fitness goals? (For example: become stronger, lose weight, run a mile, etc.)

Rio Vista Recreation Center has men and women who are certified personal trainers. Each kids club member will be assigned a personal trainer as their mentor. They can answer a wide range of questions regarding fitness activities, help you achieve your goals and from time to time, email you helpful information.

Turn Over for Part 2 →

Your Trainer is _____

Orientation Date/Time: _____

RVRC O.T.C. Kids Club Policies

Parent/Guardian + Child initial below

_____ Members should review the policies of the center with their parents/
_____ guardians.

_____ Members must complete an orientation prior to participating in Kids' Club
_____ activities.

_____ The Kids' Club lanyard with I.D. must be worn to be admitted to Kids' club
_____ classes and events.

_____ Kids' Club members who are a **Red Band** may use the walking track on their
_____ own as long as an adult is on the fitness floor. All track rules must be followed.

_____ When completing a class or finishing a walk on the track, return immediately
_____ to the first floor.

Shirt Size: _____