

2010 Flex Time Participation Form

Parents -

On a trial basis, we would like to provide the summertime privilege of letting **member children ages 12 - 14** be at the Club unaccompanied by parents from **1:00 to 4:00 pm, Monday - Friday**. In order for this to work, we ask that children adhere to the following rules. Please review this information with them and bring the signed form back to the Front Desk or Membership Office before you intend to drop off your children. This service will start Monday, June 7. Thank you for your cooperation.

- Pat Riley, Jr.

Flex Time Policies

As a participant of *Flex Time*, children:

- Must check in at the Front Desk **AND** with the *Flex Time* Coordinator.
- Must have a photograph in our computer system. (These may be taken at the Front Desk or Membership Office.)
- Must wear a wristband issued at check-in for their entire stay. Club wristbands are non-transferable.
- **Are allowed** to use the pools, outdoor whirlpool, sprayground, basketball gym, lower weight floor (they must be weight floor certified), group exercise studio (for scheduled classes), track, Blue Court Grill, Cool Down Café and Down Under Center. Please note, the *Flex Time* Coordinator has the right to remove children from any of these areas depending on Club traffic.
- **Are not allowed** to use the locker rooms (the poolside changing room is available for their use), upper weight floor, cardio theater, ABC area, tennis courts, racquetball courts (unless part of a supervised activity) and rear conference room.
- Must wear appropriate attire. Closed-toe, athletic shoes must be worn on the weight floor and on all wood floors (must be non-marking on wood). Shirts must be worn indoors unless playing in a basketball game. Cover-ups and shoes are required when going to and from the pools; and shoes, shirts and shorts (or cover-ups) are required to receive service at the Cool Down Café and Blue Court Grill.
- Must **check out** with the *Flex Time* Coordinator before leaving the Club.

Children who are still at the Club after 4:20 pm will be taken to the DUC to wait for their parents. Guests are not eligible for the *Flex Time* program.

Parent and Child Consent

By signing this form, I acknowledge that **my child is 12 to 14 years old** and he/she understands and agrees to follow the rules outlined above. Failure to do so will lead to disqualification from the *Flex Time* program.

I agree to assume full risk and to waive, relinquish and release all claims I and my child may have against, indemnify, hold harmless and defend the Little Rock Athletic Club. This release includes as well LRAC officers, agents, servants and employees from any such claims resulting from injury, damages or loss sustained while on Club property. On behalf of my child, I acknowledge the existence of risks, assume such risks and agree to accept the responsibility for any injuries sustained by him or her. I understand that every precaution is taken to protect the safety of my child and agree to emergency treatment by a physician or hospital in the event that I or the emergency contact listed cannot be reached.

Child's Name: _____ Date of Birth: _____

Child's Address: _____ Child's Cell: _____

My child may leave the Club on his/her own. (please initial) _____ Yes _____ No

My child may charge to the Club account number listed below. (please initial) _____ Yes _____ No

My child is weight floor certified. (please initial) _____ Yes _____ No

Child's Signature: _____

Parent/Guardian Name: _____ LRAC Member #: _____

Parent/Guardian Phone Numbers: (cell) _____ (work) _____ (home) _____

Parent/Guardian Signature: _____ Date: _____

Name of Emergency Contact: _____

Emergency Contact Phone Numbers: (cell) _____ (work) _____ (home) _____