

FIT FOR LIFE

An extension of our regular middle school program, these summer activities offer growth and learning opportunities plus a whole lot of fun.



DETAILS

Ages: 11 - 14
Time: 9:00 am - 2:00 pm
Fees: Full week - \$200, Daily rate - \$50

The camp fee includes all activities and lunch. Enrollment is limited and weekly reservations have preference over daily requests.

PARTICIPANT INFORMATION

Name: _____ Date of birth: _____ Gender: Male Female
Child is an: LRAC member LRRC member NLRAC Non-member
Mother's name: _____ Father's name: _____
Street address: _____ City: _____ State: _____ Zip: _____
Mother's phone: _____ Father's phone: _____
Email (for program updates, if needed): _____

MEDICAL INFORMATION

Person to contact in case of emergency if parents cannot be reached: _____
Phone(s): _____ Relationship to child: _____
Doctor's name: _____ Phone number: _____
Emergency room of choice: _____
Allergies, medications, special conditions including but not limited to asthma, diabetes, sun sensitivity, seizures or fainting spells (please provide specifics): _____
Will the LRAC need to dispense medication? (circle one) YES NO

PAYMENT INFORMATION

Person responsible for payment: _____
Responsible party's address: _____ City: _____ State: _____ Zip: _____
Day phone: _____ Evening phone: _____ Email address: _____

Method of Payment (Indicate your choice by completing the appropriate information below):
For security reasons, your payment information will be encrypted by our computer software and this information will be shredded.

LRAC/LRRC Club Account Option (for members only/account must be current)

Name of member to be charged: _____

Credit/Debit card option (Visa, MasterCard, Discover, American Express)

Name as shown on card: _____

Credit card number: _____ Expiration date: _____ CCV number: _____

SWIMMING

An American Red Cross certified lifeguard is on duty during all camp swimming activities at the LRAC. To further ensure the safety of all children, we follow a strict staff/child ratio at all times.

- My child is able to swim by himself/herself and I give him/her permission to do so during camp.
- My child is not able to swim by himself/herself. I request that he/she wear a life jacket while swimming during camp.
- My child may not participate in swimming activities during camp.

TRANSPORTATION

Campers are transported to and from field trips in passenger vans.

PICK-UP AUTHORIZATION

My emergency contact is authorized to pick up my child from the LRAC.

Other adults authorized to pick-up my child from the LRAC include:

Name	Relationship	Address	City/State/Zip	Phone

SCHEDULE

Please check the days your child will attend:

JUNE 8 - 12

Full Week
 Mon Tue Wed Thu Fri

JUNE 15 - 19

Full Week
 Mon Tue Wed Thu Fri

JUNE 22 - 26

Full Week
 Mon Tue Wed Thu Fri

JUNE 29 - JULY 3

Full Week
 Mon Tue Wed Thu Fri

JULY 6 - 10

Full Week
 Mon Tue Wed Thu Fri

JULY 13 - 17

Full Week
 Mon Tue Wed Thu Fri

JULY 20 - 24

Full Week
 Mon Tue Wed Thu Fri

JULY 27 - 31

Full Week
 Mon Tue Wed Thu Fri

AUGUST 3 - 7

Full Week
 Mon Tue Wed Thu Fri

AUGUST 10 - 14

Full Week
 Mon Tue Wed Thu Fri

AUGUST 17 - 21

Full Week
 Mon Tue Wed Thu Fri

NOW SIGN THE WAIVER ON THE BACK →

DISCIPLINE

The LRAC reserves the right to remove a child from any program or activity if the child's behavior jeopardizes his/her own safety, that of others, or is so disruptive that the enjoyment of other participants is diminished. The LRAC uses "timeout" to encourage good behavior. A child who must take a timeout will be removed from participation and is required to sit alone quietly for 1 minute for each year of age, i.e., a five year old would incur a 5 minute timeout whereas an eight year old would sit for eight minutes. This policy will be clearly explained to each child at the beginning of camp. Parents will be informed on a daily basis if their child was put in timeout. Continuous behavioral problems may result in removal from camp.

RELEASE OF LIABILITY AND ASSUMPTION OF RISK

I understand and acknowledge that this is an agreement between myself and the auspices of the Little Rock Athletic Centers, LLC, dba Little Rock Athletic Club, Little Rock Racquet Club, North Little Rock Athletic Club and Downtown Athletic Club (collectively referred to as LRAC). I further acknowledge that I have the ability to read and have been provided the opportunity to read this agreement before signing.

I understand and agree that being allowed to participate and utilize the equipment, programs, supplies, services, staff and facilities at LRAC is good and valuable consideration for this agreement.

I understand that the nature of LRAC's facilities and equipment contemplate that other members, guests and staff will have access to the equipment, supplies and services available at LRAC. While LRAC takes reasonable steps to insure the safety and sanitization of the equipment, programs, supplies, services and facilities, it cannot and does not guarantee that the equipment, programs, supplies, services and facilities are germ / virus free (this includes, but is not limited to COVID-19). I acknowledge the individual responsibility regarding these issues and hereby waive any and all claims related to such issues should I or my children choose to participate and/or utilize the equipment, programs, supplies, services and facilities. I also acknowledge the individual responsibility regarding the fact that other members, guests or staff may be present and may have medical conditions and/or infections wholly independent of LRAC. I hereby waive any and all claims related to such issues should I or my children choose to participate and/or utilize the equipment, programs, supplies, services and facilities while other members, guests or staff are present.

RELEASE AND AGREEMENT NOT TO SUE: I understand, acknowledge and agree that the equipment, programs, supplies, services and facilities at LRAC are voluntary and that they involve inherent risks. The risk of injury includes the risk of use and the risk of misuse. The possible injuries include the potential for permanent paralysis and death. I knowingly and freely assume all such risks, both known and unknown and assume full responsibility for my participation and that of my children. I knowingly and freely agree to waive any claim for injury sustained at LRAC and agree not to sue LRAC (including its managers, officers, officials and/or employees) whether or not the claim for injury was caused by the negligence of LRAC, its managers, officers, officials and/or employees. I further agree to indemnify and hold harmless LRAC against any and all damage, loss, cost and expense related to any injury or harm I or my children might sustain.

Photography and/or Video - I understand that LRAC periodically takes facility and group photographs and videos and uses the resulting content for lawful purposes including, publicity, illustration, advertising and web content. I grant to LRAC and all its subsidiaries the right to take photographs and/or videos of myself or my children. I authorize LRAC, its assigns and transferees to copyright, use and publish the same in print and/or electronically. I agree that LRAC may edit and use such photographs and/or videos for any lawful purpose..

Text and Email Communication - By opting in to receiving text and email messages from LRAC, I agree to allow LRAC and all its subsidiaries, agents and service providers to contact me with promotional and informational texts and emails at the phone number(s) and/or email address(es) provided. I acknowledge that providing these phone numbers and email addresses is not a condition of receiving any property, goods or services. By listing this information, I certify that it is accurate and that I own the rights to use it and give consent for it/their use. Additionally, I understand that I may unsubscribe at any time to these communications.

PARTICIPANT AGREEMENT

My signature conveys:

- I have read all of the above, fully understand its meaning and that I have given up substantial rights and granted specific permissions which I do freely and voluntarily without any inducement or coercion.
- I give my consent for my child to receive medical or surgical aid as may be deemed necessary and expedient by a duly licensed or recognized physician or surgeon in the case of an emergency when a parent or guardian cannot be reached. Consent is also given for an LRAC employee or his/her duly appointed representative to transport my child for emergency medical treatment in said situation;
- I authorize the LRAC to draft my program fee;
- I have accurately described my child's swimming ability and clearly indicated my wishes regarding his/her/their participation in water activities;
- I understand and agree to the LRAC's policy on discipline;
- I understand that I may ask for a conference with a staff member(s) as needed. I also understand that the Department of Human Services (DHS) can ask me or my child for an interview at any time concerning the facility.

Child's Name: _____

Parent's/Guardian's Signature: _____ Date: _____