Mendocino Starz Gymnastics Field Trip Information:

Cost for up to 25 kids is $125 for 1 hour and 15 min

Option 1: approx 25 kids 1 hr 15 min free play only

Option 2: approx 25 kids 20-30 min of instruction , 45 min obstacle course & free play

Description: Class will arrive and remove shoes in lobby and place in cubbies.

Take a seat on the bleachers and wait for Starz Staff to welcome the class and give safety instruction and gym rules.

Kids will be welcomed out onto the floor to commence the class instruction or begin free play.

Free play includes access to follow a preset obstacle course consisting of many training mats, swinging ropes, tunnels, jumps, low bars, balance beams and spring boards. Ukiah Unified Students will not have access to our Trampolines. Trampolines will be clearly marked and access blocked off.

MENDOCINO
STARZ
GYMNASTICS

MENDOCINO STARZ GYMNASTICS

275 Kunzler Ranch Road Ste. K, Ukiah 707-463-3303

Waiver and Release Form

Mendocino Starz Gymnastics LLC, Classes, Parties, Events, Fieldtrips & Separate Entity Training, Facility Rental (ie., cheer groups, Silks Training, Dance etc.)

Mendocino Starz programs would like for you or your student to obtain a physical examination before participation.

Affirmation of Good Health – I, the parent, guardian of the minor named below, agree to allow my child or myslef to participate in the STARZ program for which I/she/he/they is enrolled. I acknowledge, due to the high level of exercise and physical activity, I/ my child's health must be in good condition. I acknowledge I/she/he/they does not have any physical health problems that I am aware of that may interfere with the STARZ programs. I agree that if I or my child has any physical condition that may impair the ability to engage in these programs, it is my responsibility to obtain a written statement describing any limitations. I agree that the Mendocino Starz Gymnastics LLC., employees are to make no evaluation whether my child is physically fit for any of these programs. I also acknowledge that various obstacles and activities occur through the entire gym facility and I/my child are responsible for paying attention to such potential dangers and activities and staying clear and manuvering to avoid potential injury's.

Hold Harmless Agreement – I am aware that myslef/my child will be performing in various sports, coordination events and fitness training that may cause injury. I agree that I hereby waive any claims or rights that my child or I might otherwise have to seek litigation against Mendocino Starz Gymnastics LLC., their employees or offices for injuries that might occur as a result of these activities. By signing I am consenting that myself or my child is voluntarily participating in these programs and I am assuming any injuries that may occur.

Agreement with Rules of Conduct – I also agree that I have talked with my child and we understand that the Starz program is serious about maintaining a strict learning environment and will not tolerate any misbehavior or misconduct.

Photo Release – I grant Mendocino Starz Gymnastics LLC, the right to take photographs of me and my family in connection with any event related to Mendocino Starz Gymnastics LLC. I agree that Mendocino Starz Gymnastics LLC, may use such photographs of me with or without my name and for any lawful purpose, including for example such purposes as publicity, illustration, advertising, social media and Web content.

It is most important that you take this time to read and understand all that is involved with our waiver and release form.

Please fill out and sign the bottom portion:

Students Name:_____

Parent/ Guardian Name: _____ **Signature:**_____ **Date**