

On The Move

Fitness & Conditioning
 Boot Camp Registration
Summer Program

First Name: _____ Last Name: _____ MI: _____

Date of Birth: (MM/DD/YY): ____/____/____ Age: _____ Gender: M ____ F ____

Home Address: _____

City: _____ State: _____ Zip Code: _____

Phone: _____ E-mail: _____

T-Shirt: S M L XL XXL (1 free T-Shirt with initial registration of 8 or more classes in a session)

Emergency Contact

Full Name: _____ Relationship: _____ Phone: _____

Session #: _____

Program Selection

<i>Program</i>	<i>Time</i>	<i>Days</i>
____ \$183 Extreme fitness Boot Camp	5:15 - 6:15am or 6:30 - 7:30am	Mon, Wed & Fri
____ \$183 Women's fitness Boot Camp	8:00 - 9:00am	Mon, Wed & Fri
____ \$183 Extreme Fitness Boot Camp	6:00 - 7:00pm	Mon, Tues & Thu
____ \$45 Extreme Fitness Boot Camp	8:00 - 9:00am	Saturday *(3 Saturdays)
____ \$59 Boot Camp Basic Training	7:30 - 8:30am or 5:00 - 6:00am	Mon, Tue, Wed & Thu
____ \$59 Extreme Boot Camp Blast	6:30 - 7:30am	Mon. Tue, Wed & Thu
____ \$17 Single class (Per class- attending less than 12 classes in a session or single Saturday class)		
Number of Classes: ____ X \$17 = Total \$: _____		

*(Note: Extreme fitness Boot Camp is offered 3 Saturdays per session, attend all three for \$45)

I have read and understand the Fitness Boot Camp Policies & Procedures as stated on page 2 below:

Signature

Today's Date

Parent or guardian signature required if under 18 years of age:

Signature

Print

Today's Date

Payment and all forms required seven days prior to start of session.

Please mail all forms with payment to: **Joe Grillo, PO Box 1324, Londonderry, NH 03053**

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Fitness Boot Camp Policies & Procedures

1. Payment and all forms (*Registration, Health History, Waiver & PAR-Q*) are required seven days prior to the start of a session. All forms can be downloaded in PDF format from www.onthemovefit.net (Fitness Boot Camp page).
2. Please pay by cash, check or on-line through www.onthemovefit.net. If paying by check please make checks payable to: "**The Town of Windham.**" (*on-line payment for "New Campers" only*).
3. Spot is not reserved until payment and forms are received.
Send to: *Joe Grillo, PO Box 1324, Londonderry, NH 03053*
4. Second and subsequent sessions require payment ONLY (*forms do not have to be re-accomplished*).
5. All forms (*Health History, Waiver & PAR-Q*) stay current while attending **consecutive** sessions.
6. Returning after missing a minimum of one session will require re-accomplishment of forms.
7. You have the option to "pay-as-you-go" for the single rate of \$17 per class.
8. You will be required to pay the single class rate if attending less than 12 classes per session.
9. No pay, no play - no participation if payment is not received prior to the start of the first class.
10. Classes not used are non-transferable/non-refundable and do not carry over to another session.
11. Substitutes ARE NOT allowed to take your place in a particular class or classes.
12. Full refunds are given one week (7 days) prior to the start date of the first class.
13. A 50% refund (*based on value of remaining classes*) is given due to injury/illness after session start.
14. You must remain in the time slot and days selected throughout the session.
15. Classes cancelled due to inclement weather or school closing will be rescheduled.
16. Rescheduled classes will be communicated through e-mail.
17. A \$10 discount is applied to your second and subsequent sessions (**Veteran status**).
18. Announcements of class cancellations (i.e. rain) will be posted on the home page of my website.