

## MUSCLES AND MINDS™ PARENT'S HANDBOOK AND APPLICATION

*“A program designed to enrich and balance the lives of children by offering daily physical fitness and supplemental academic lessons to foster and support a lifelong interest in learning and living well.”*

### **SCHEDULE OF ENRICHMENT WORKSHOPS**

*Please note: This schedule is subject to continuous change.*

**MONDAY 2:30 - 3:30PM** “ORGANIZATION SKILLS”: Learning techniques/methods to organize assignments, making outlines and daily/weekly/monthly schedules to plan ahead for short/long-term projects, exam study skills, communicating with teachers, tracking and accessing personal academic goals.

**MONDAY 3:45 - 4:45PM** “TAEKWONDO SPARRING” Children apply their TaeKwonDo moves in succession, use defensive blocks, and strategize to score points under the supervision of their coach. They also learn how to referee a match, be good sports, and adhere to the manners and respectful Kukkiwon protocol in the ring. Our goal is to form a competitive team.

**MONDAY 5:00 - 5:45PM** “CONSTRUCTIVE PLAY!” Math and Engineering are strengthened with ROKENBOK® (Legos® “amped up” with pulleys, conveyor belts, lifts, etc.). We will also study bridges, skyscrapers, and aqua-ducts using Legos®, wooden blocks, Tinkertoys®, natural materials and ordinary household objects.

**TUESDAY 2:30 - 3:30PM** “JOURNAL IT!” Participants create, discuss and write biographies and journals, chapter books, and come up with our own “best seller” list. Together, we create Rehoboth Children’s News (issues of interest, town history, current news, events, art work). Local authors and librarians visit us.

**TUESDAY 3:45 - 4:45PM** “TAEKWONDO MARTIAL ARTS” – An introduction to the most-widely practiced and official Olympic Martial Arts form. Class begins with the warm-up (jogging, traversing skills, group stretch) followed by the official Kukkiwon curriculum of punching, blocking, kicking, self defense, and forms. Meditation and respectful manners are part of every lesson. Children have the option to test for their next belt level (additional fees apply) and children are required to wear the TaeKwonDo uniform (available for purchase in our Pro Shop).

**TUESDAY 5:00 - 5:45PM** “EXPLORE THE WORLD!” A “sampler” of languages will be offered through the year, giving children a taste of the spoken language, songs, games, art, dances, geography, and foods native to the different regions and cultures. Come aboard!

**WEDNESDAY 2:30 - 3:30PM** “THINKING GAMES AND MATHLETES CLUB” : Sudoku®, chess and checkers strategies, Rubik’s® cubes, crossword puzzles, spelling bee games and mind-stretching exercises. Contribute your favorite!

**WEDNESDAY 3:45 - 4:45PM** “FITNESS FUN DAY!” - A “variety class” where the children work together selecting activities (sports and games). We also continue to work toward our President’s Challenge Awards with conditioning exercises. We will offer a series of Yoga and Pilates as well as our favorites (hockey, soccer, baseball/softball, badminton, tennis, frisbees and more). “Fresh-air fitness” is outdoor play time, including sledding on our flying saucers, bicycle/scooter riding, kite-flying (weather permitting).

**WEDNESDAY 5:00 – 5:45PM** “CRAZY ABOUT ART!” We encourage the children to draw outside the lines and create their own masterpieces. We will learn about famous artists and make our own exquisite variations based on their technique(s). Roll up your sleeves for origami, basket-making, beading, painting, collages, sculpture, pottery, and recycled art.

**THURSDAY 2:30 - 3:30PM** “COMMUNITY BUILDERS” How can we contribute to our neighborhood and community? We meet local leaders and learn about their work, lives, and their important influences. We discuss, create and participate in our own service projects, including our Children’s Community (Organic) Garden, cooking for the food pantry, collecting/sorting items donations for our community, the Red Cross, or our Troops overseas. Let’s roll up our sleeves and get to work!

**THURSDAY 3:45 - 4:45PM** “TAEKWONDO MARTIAL ARTS” – same as Tuesday’s class.

**THURSDAY 5:00 - 5:45PM** PRACTICAL LIFE SKILLS (PLS) Part One and Two  
(First Semester) “FAMILY TEAM MEMBER SKILLS” A big hit from last year! Part One teaches important lifelong lessons: sorting, ironing, folding, sewing and laundering clothes, hand-washing, setting the table, fancy napkin folding, and washing dishes, table and restaurant etiquette, manners and etiquette...all done in enjoyable, creative, memorable ways such as “role-playing”, hands-on activities and games.

(Second Semester) “GREAT CHOICES AND GOOD HABITS!” Learning about healthy lifestyle choices from the latest nutrition breakthroughs, pre-teen/teen exercise and diet myths and realities, personal hygiene, stress management techniques, the importance of sleep, internet safety, peer pressure skills...and more. We invite guest speakers to share their expertise. This is an “action and activity” workshop.

**FRIDAY 2:30 - 3:30PM** “IT’S EASY BEING GREEN” Recycling, reducing and re-using, re-gifting, composting, conserving our rainforest, reducing our carbon footprints and global warming, taking care of our planet through study and action projects. We also plant seedlings and tree saplings, make birdhouses/feeders, design and plant our bee and butterfly garden.

**FRIDAY 3:45 – 5:00PM** “CULINARY ARTS” – with Johnson & Wales nutrition students. We are learning the basic techniques of healthy cooking and baking (measuring, safe use of kitchen tools, reading a recipe, etc.) to create delicious dishes which we then taste and enjoy!

**FRIDAY 5:00 - 5:45PM** “VERY COOL HIP-HOP AND DANCE CLASS”  
Younger siblings (3 - 6 years old) may sign up for this class as well. Loads of fitness fun - great for both boys and girls! (This may be expanded to include cultural dances, ballroom, and tumbling basics as the year progresses.)

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**SATURDAY 9:00 - 9:40AM** Teenie-Weenie TaeKwonDo “Just-for-Fun” Class - a simple introduction to martial arts through games and activities. For ages 3-5 years-old. (\$35.00/month with two month commitments, no annual registration fee, no make-ups, drop-in fee for single class \$10.00)

**SATURDAY 9:45 - 10:45AM** TaeKwonDo “Just-for-Fun” Class - beginner class for children 6-12 years-old. This class is a great way to learn martial arts and simple self-defense skills, build confidence/self-control, and get some Saturday morning exercise. It is a “stand alone” session - independent of the after-school program, affordable, and non-competitive (no sparring or belt tests). (\$40.00/month with three-month commitments, no annual registration fee, no make-ups, drop-in fee for single class \$12.00)

## **ENROLLMENT POLICIES, RULES & REGULATIONS**

### **1. Schedule:** We have three semesters:

- I. September (first day of school) through the end of December
- II. January (first day back after Holidays) through the end of March
- III. April (beginning of) through the end of June (last day of school)

Schedule is set and registrations are made by the semester. You may pay for the semester in full at the beginning of the semester, or in equal monthly installments spread over the semester. Additional fees will be charged only with your written permission at the time of purchase. However, once enrolled, you are responsible for the full semester fee even if your child withdraws or is dismissed, regardless of your payment plan. There are no make-ups for missed days. Please understand staff ratios/schedules are based on our enrollee numbers. By signing up for this program you are agreeing to this policy.

### **2. Enrollment Fees for After-school (Monday through Friday) Workshops:**

- To participate in the program, an Annual Registration Fee of \$79.00 is required from all enrollees (maximum of \$158 per family).

- Upon registration, a non-refundable enrollment deposit of \$100. is required.

- Enrollment fee shown includes healthy snack and *two workshops* daily. Middle School children are eligible to enroll in the 2:30 through 4:45 workshops, with an option to enroll in the 5:00-5:45 workshop for an extra fee (\$5.00/day). Elementary School children are eligible to enroll in the 3:45-5:45 workshops. Children can come one-, two-, three-, four- or five-days per week – you choose! Sibling discount applies to the total.

5-day/week \$115/week (\$23.00/day)

4-day/week \$104/week (\$26.00/day)

3-day/week \$78/week (\$26.00/day)

2-day/week \$53/week (\$26.50/day)

1-day/week \$26.50/day

2<sup>nd</sup> child in family receives 5% discount; 3<sup>rd</sup> child receives 10% discount.

- Option for Single Workshop per day Enrollment:

Single class rate \$15/class if one class taken per week

Single class rate \$14/class if two or more classes taken per week

If sibling participates in same class:

Single class rate for one class per week: \$14/class per child

Single class rate for two or more classes per week: \$13/class per child

- Special Saturday rate is different than the above. **There is a limited amount of “single class” space available. Full enrollment registrations are given priority.**

- Acceptance: *You will be notified in writing upon official acceptance into the lessons requested.* Space is limited. New children/parents must visit our facility as part of the application process. Financial arrangements must be completed prior to acceptance. All paperwork, including medical clearance, must be completed in advance. Refer to checklist at the back of this packet.

**3. Pick-up Procedure/Fee:** *Elementary School pick-up time is 5:45. Middle School pick-up time is 4:45, additional fee for Middle School children who would like to stay until 5:45 is \$5/day for third class.* A \$15.00/fee is assessed for every fifteen-minute block past the scheduled pick-up time. This

will be added to your next month's itemized invoice. Siblings must be by parent's side during this time and may not roam into the class areas. We ask that all who enter cleanse their hands with antiseptic gel available at the front desk. Authorized pick-up persons must sign out the child each day. We will ask for a photo ID, and keep a photocopy in our file for future reference, for all authorized pick-up persons. Children may not meet parents/guardian in the parking lot. Please do not park directly in front of the entrance for safety reasons.

**4. Change in Enrollment Status:** There is a two-week window of opportunity to *cancel* or *drop* the number of days in which your child is enrolled. You will only be responsible for the days your child has attended during those two weeks, and the non-refundable enrollment fee, should your child withdraw. *After two weeks, you will be responsible for the days signed-up for through the end of the semester and the enrollment fee.* Extensions will be given for serious medical situations. In this case, an attending physician's statement is required. You may be allowed to *add* or *switch* days, if space allows.

#### 5. What To Wear

|                            |                                           |
|----------------------------|-------------------------------------------|
| TaeKwonDo Uniforms         | = \$25.00                                 |
| Muscles and Minds T-shirts | = \$18.00                                 |
| TaeKwonDo Shoes (optional) | = \$45.00                                 |
| TaeKwonDo Belt Test        | = \$45.00 per Test (three tests per year) |

In order to preserve and keep clean our anti-bacterial/anti-microbial floor, and protect your child, only TaeKwonDo shoes or bare feet are permitted. Street shoes, boots or everyday sneakers are not permitted. TaeKwonDo shoes must be kept in their bin at our studio. Uniforms are sent home periodically for laundering.

If your child is not taking TaeKwonDo, regular school attire is fine. A second set of clothing kept at the studio is recommended. We are not responsible for any lost or misplaced items. All items must be labeled with child's name and are kept in their personal bin. Children must keep their bins neat and fold/hang-up clothes.

**6. Absence:** Please call us if your child is not coming as planned. We will call you if your child does not arrive as scheduled. For this reason, we must have a phone number where we can reliably reach you. There are no make-ups for missed days.

**Illness:** Children may not attend if they have:

- an elevated temperature (99.8 F or higher)
- a suspicious rash
- persistent cough or sore throat
- sore eyes or ears with discharge
- upset stomach, diarrhea, or vomiting within the past twenty-four hours
- contagious illness (strep, bronchitis, head lice, fifth disease, conjunctivitis, etc.)

#### 7. Closings/Early Release:

**SNOW DAYS** - We are CLOSED when school is cancelled due to weather conditions.

**UNSCHEDULED EARLY RELEASE DAYS** – If school is closing early due to weather conditions or emergency situation, we will be CLOSED. Children should go directly home.

**SCHEDULED EARLY RELEASE DAYS** – We are OPEN on scheduled early release days. Children from Middle School arrive at approximately 11:30 AM and Elementary at 12:30PM. Pickup time for Middle School children is 2:00PM unless enrolled in Middle School extended day (pickup time of 3:00PM). Pickup time for Elementary School children is 3:00 PM. Please be on time.

NATIONAL HOLIDAYS and SCHOOL VACATIONS - We are CLOSED on all national holidays and school vacations. However, we may have a “sign-up” and provide a program on these days, if there is enough interest/need.

There are no make-ups for missed days.

#### **8. Communication**

You will receive periodic emails to inform you about our activities, schedule, policies, and important information. You may request a conference with us at any time. We are always available and interested in speaking with parents/guardians.

#### **9. Positive Discipline Policy**

Children are guided with “pro-social” behavior using positive techniques - clearly explaining what kind of change in behavior we need to see and why. Problem solving, enlisting the child’s thought process, conflict resolution, re-direction and separation from the situation are used. If a child’s behavior is overly disruptive, is not corrected, or presents a danger to other children or the staff, parents will be called and the child will need to go home. Under no circumstances will corporal punishment, verbal or emotional abuse or humiliation be used by any staff member. We will continuously reinforce, praise, and reward positive behavior in our community setting.

Parents/guardians are welcome to observe at any time.

#### **10. Non-Discrimination Policy**

Fitness Mom Studio welcomes diversity through our doors. We do not discriminate on the basis of race, gender, religion, cultural heritage, political beliefs, marital status, disability, sexual preference, or national origin.

#### **11. Additional Information**

Healthy snack is certified by registered dietician. Studio is certified in safe food practices. All children are encouraged to stay hydrated (water is always available) and are encouraged to keep hands sanitized (antiseptic gel). Our staff members are certified teachers and instructors in their specialty. All are CORI background checked and trained in CPR. We maintain a 6:1 student to staff ratio. We are an “electronic-free” environment.

**APPLICATION**

Name of Child \_\_\_\_\_

Age \_\_\_\_ Gender \_\_\_\_ Grade Entering \_\_\_\_ Teacher (if known) \_\_\_\_\_

Parent/Guardian's Name and Address

Home/Work/Cell Numbers  
E-mail

Parent/Guardian's Name and Address

Home/Work/Cell Numbers  
E-mail

\_\_\_\_\_ (Initial) **FITNESS PARTICIPATION WAIVER**

By signing the document below, I acknowledge that I have been informed of the need to obtain a physician's examination and approval prior to beginning the exercise program. I fully understand that the program is highly strenuous and choose to participate completely voluntarily. I accept all responsibility for my health and any resultant injury or mishap that may affect my well being or health in any way. I hold harmless of any responsibility the instructor, the facility, or any persons involved in this program.

\_\_\_\_\_ (Initial) **PARENT/GUARDIAN AGREEMENT TO ABIDE**

I have read and agree to the *Enrollment Policies, Rules and Regulations* (pages 3-5 of this package) of Fitness Mom Studio, including fees and cancellation policies.

**PHOTOGRAPH RELEASE WAIVER:**

Please check and initial one below:

\_\_\_\_\_ (Initial) I grant permission for my child's photograph to be used by Muscles and Minds/Fitness Mom Studio for publicity purposes.

\_\_\_\_\_ (Initial) I do NOT grant permission for my child's photo to be used for publicity purposes.

**Print Name** \_\_\_\_\_ **Sign Name** \_\_\_\_\_

**Date** \_\_\_\_\_

**MEDICAL EMERGENCY TREATMENT**

I hereby give Muscles and Minds™/Fitness Mom® Studio permission to administer basic first aid/CPR to my child \_\_\_\_\_and/or take my child to a hospital for medical treatment when I cannot be reached or when delay would be dangerous to my child’s health.

**INSURANCE INFORMATION**

Company Name  
Policy#  
Primary Insured

Primary Care Physician  
Physician’s Phone Number and Address

**Child’s Allergies (including Food, Medication, Latex, etc.)**

**Chronic Health Conditions**

**Guardian’s Signature**

**Date**

**EMERGENCY CONTACTS (listed by priority)**

1.) Name  
Relationship to Child  
Address  
Phone Number(s)

Do you give permission for child to be released to this person? Yes No

2.) Name  
Relationship to Child  
Address  
Phone Number(s)

Do you give permission for child to be released to this person? Yes No

3.) Name  
Relationship to Child  
Address  
Phone Number(s)

Do you give permission for child to be released to this person? Yes No

## CHILDREN'S HEALTH QUESTIONNAIRE

*To be completed by the parent or guardian of the participating child.*

|                           |              |            |
|---------------------------|--------------|------------|
| Child's Name: _____       | Age: _____   | Sex: M / F |
| Address: _____            |              |            |
| City: _____               | State: _____ | Zip: _____ |
| Phone: _____              |              |            |
| <b>Emergency Contact:</b> |              |            |
| Name: _____               | Phone: _____ |            |

**Does your child now have or has your child ever had a history or experience with the following:**

- |                                                |                              |                             |                        |
|------------------------------------------------|------------------------------|-----------------------------|------------------------|
| High or low blood pressure?                    | <input type="checkbox"/> yes | <input type="checkbox"/> no |                        |
| Elevated blood cholesterol?                    | <input type="checkbox"/> yes | <input type="checkbox"/> no |                        |
| Diabetes?                                      | <input type="checkbox"/> yes | <input type="checkbox"/> no |                        |
| Chest pains?                                   | <input type="checkbox"/> yes | <input type="checkbox"/> no | If yes, explain: _____ |
| Family history of heart disease?               | <input type="checkbox"/> yes | <input type="checkbox"/> no |                        |
| Joint problems?                                | <input type="checkbox"/> yes | <input type="checkbox"/> no | If yes, explain: _____ |
| Asthma or other respiratory problems?          | <input type="checkbox"/> yes | <input type="checkbox"/> no | If yes, explain: _____ |
| Severe headaches or dizziness?                 | <input type="checkbox"/> yes | <input type="checkbox"/> no | If yes, explain: _____ |
| Musculoskeletal problems or disorders?         | <input type="checkbox"/> yes | <input type="checkbox"/> no | If yes, explain: _____ |
| Recent surgeries?                              | <input type="checkbox"/> yes | <input type="checkbox"/> no | If yes, explain: _____ |
| Any sustained injuries or illnesses?           | <input type="checkbox"/> yes | <input type="checkbox"/> no | If yes, explain: _____ |
| Epilepsy?                                      | <input type="checkbox"/> yes | <input type="checkbox"/> no |                        |
| Arthritis?                                     | <input type="checkbox"/> yes | <input type="checkbox"/> no |                        |
| Difficulty with any form of physical exercise? | <input type="checkbox"/> yes | <input type="checkbox"/> no | If yes, explain: _____ |
| Currently taking any medications?              | <input type="checkbox"/> yes | <input type="checkbox"/> no | If yes, explain: _____ |

**Has your doctor ever advised your child not to exercise?**       yes     no

If yes, explain: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**Does your child exercise regularly now?**       yes     no

If so, please list activities and estimate frequency. \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**Are there any medical reasons your child should not take part in energetic activity?**     yes     no

If yes, please explain. \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**I, the parent/guardian of the aforementioned child, acknowledge the above information to be true and accurate. To the best of my knowledge, I have given all relevant information regarding my child's health and ability to participate safely in an exercise program.**

**Signed:** \_\_\_\_\_      **Date:** \_\_\_\_\_

**Print Name:** \_\_\_\_\_

Fitness Mom®, Inc.

***Muscles & Minds™ School Year and Summer Program***

**PHYSICIAN'S STATEMENT**

Name of Child: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_ Phone #: \_\_\_\_\_

Name of Parents:

\_\_\_\_\_

Address:

\_\_\_\_\_

Date of Examination of Child: \_\_\_\_\_

What is your opinion concerning the child's general health and appearance?:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Has this child been screened for lead poisoning? Yes \_\_\_\_\_ No \_\_\_\_\_

If Yes, date screened: \_\_\_\_\_

Does this child have any disabilities or chronic medical problems (allergies, limited vision, etc.) which require special consideration or care by the child care provider? If so, please detail below:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Physician's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Comments: \_\_\_\_\_

\_\_\_\_\_

Please return this form\* to: Muscles and Minds, 2 Peckham Street, Rehoboth, MA 02769

\* Include copy of immunizations.

## TRANSPORTATION PLAN AND AUTHORIZATION

Child's Name

My Child will **Arrive** at the Program by:

School Bus Drop Off (Bus # )

or

Parent/Guardian/Authorized Person Drop-off

My Child will **Depart** from the Program with Parent/Guardian/Authorized Person **listed on page 7** in the Emergency Contact section. Photo ID will be required and kept on file. Any other transportation requests must be stated in writing and maintained in the child's file or the above plan will be implemented. This permission is valid for one program year from the date of signature.

Any arrangement with Public School Bus transportation must be arranged directly with the school. We assume no responsibility for your child until the child enters our facility. We will make every attempt to call you if your child does not show up on a scheduled day. Please call us if your child is not able to attend his/her lesson(s).

**Parent/Guardian Signature**

**Date**

**REGISTRATION/PAYMENT**

**Monday**

- 2:30 - 3:30 "ORGANIZATION SKILLS"
- 3:45 - 4:45 "TAEKWONDO SPARRING"
- 5:00 - 5:45 "CONSTRUCTIVE PLAY!"

**Tuesday**

- 2:30 - 3:30 "JOURNAL IT!"
- 3:45 - 4:45 "TAEKWONDO MARTIAL ARTS"
- 5:00 - 5:45 "EXPLORE THE WORLD!"

**Wednesday**

- 2:30 - 3:30 "THINKING GAMES AND MATHLETES CLUB"
- 3:45 - 4:45 "FITNESS FUN DAY!"
- 5:00 - 5:45 "CRAZY ABOUT ART!"

**Thursday**

- 2:30 - 3:30 "COMMUNITY BUILDERS"
- 3:45 - 4:45 "TAEKWONDO MARTIAL ARTS"
- 5:00 - 5:45 "PRACTICAL LIFE SKILLS" (1st Semester)

**Friday**

- 2:30 - 3:30 "IT'S EASY BEING GREEN"
- 3:45 - 5:00 "CULINARY ARTS"
- 5:00 - 5:45 "VERY COOL HIP-HOP AND DANCE CLASS"

**Saturday** (separate fee structure – see class description)

- 9:00 – 9:40AM TEENIE-WEENIE TAEKWONDO "JUST FOR FUN" CLASS
- 9:45 – 10:45AM TAEKWONDO "JUST FOR FUN" CLASS FOR 6-12 YEAR OLDS

**Registration Rates / Fees**  
**for After-school Classes**

5-day/week \$115/week (\$23.00/day)  
 4-day/week \$104/week (\$26.00/day)  
 3-day/week \$78/week (\$26.00/day)  
 2-day/week \$53/week (\$26.50/day)  
 1-day/week (\$26.50/day)

*Additional fee for Middle School children who would like to stay until 5:45 is \$5/day for third class.*

*2<sup>nd</sup> child in family receives 5% discount and 3<sup>rd</sup> child receives 10% discount.*

*Single class per day rates specified on p. 3*

*Annual registration fee: \$79.00*

**PLEASE CHECK OFF BELOW to indicate the following about this registration:**

\_\_\_ 1 day/wk    \_\_\_ 2 days/wk    \_\_\_ 3 days/wk    \_\_\_ 4 days/wk    \_\_\_ 5 days/wk

\_\_\_ Elementary School student    or    \_\_\_ Middle School student  
 \_\_\_ Extended day for Middle School child

\_\_\_ Eligible for sibling discount?:    \_\_\_ 2<sup>nd</sup> child (5%)    \_\_\_ 3<sup>rd</sup> child (10%)

\_\_\_ Pay monthly (equal installments)    or    \_\_\_ Pay by semester

\_\_\_ Pay by check    or    \_\_\_ Pay with credit card: provide info below

You will receive an invoice based on the days selected and the school/vacation schedule. You must approve the invoice and then issue a check or authorize the credit card or debit card payment(s). Payment must clear before child can attend.

**ELECTRONIC FUNDS TRANSFER (EFT) PAYMENT INFORMATION**

Your credit card or debit/checking account will be debited automatically **at the beginning** of each month or of each of the three semesters, depending on the payment plan you have chosen. Your signature below authorizes this. You will receive a written invoice if there are any additional charges (uniforms, TKD belt tests, additional lessons, late pick-up fees, etc.)

Name of Participant: \_\_\_\_\_

\_\_\_\_\_ DEBIT/CHECKING ACCOUNT                      or                      \_\_\_\_\_ CREDIT CARD

(Visa, Mastercard, or Discover accepted - Photocopy front & back of card.)

Name (as it appears on card): \_\_\_\_\_

Address (as it appears on bill): \_\_\_\_\_

| Card number | Expiration Date | Code  |
|-------------|-----------------|-------|
| _____       | _____           | _____ |

Authorization to charge this card for the invoiced amount according to the payment plan specified above (signature of card holder):

\_\_\_\_\_

\*\*\*\*\*

**CHECKLIST**

- Application Form with Waiver and Agreement to Abide by Rules signed (p. 6)
- Medical Clearance/Lead Screening/Immunization/ Emergency Treatment Authorization (pp. 7-9)
- Transportation Authorization/Photocopy of License of All Authorized Persons (p. 10)
- Registration/Payment information (pp. 11-12)
- Visit to see Facility/Meet Director
- Purchase Uniform, T-shirt, Shoes (optional) - All Must be Labeled and Placed in Bin
- Received Parent's Handbook
- Made Payment for First Semester or Month

**CONTACT INFORMATION**

Julia Sweet, President/Owner Muscles and Minds™/Fitness Mom®, Inc.  
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Dianne Lounsbury, MS, Assistant Director  
Kilian Sullivan-Silva, Administration  
Alison Mancini, Middle School Program Director  
Michael Frank, Children's TaeKwonDo Program Director