



## Welcome Letter

Dear Parents/Guardians:

Thank you registering your child for Premier Power Camp. We have a powerfully fun week planned with exciting games, field trips and lots of activities. Please review the following information to help ensure that your camper has the best possible experience with us this summer.

### **Bring**

Sunscreen and/or bug spray labeled with your camper's name  
Bathing suit and towel (Girls, please bring a one-piece bathing suit or "tankini")  
Swim goggles or ear plugs, if needed  
Athletic shoes (non-marking soles). **No open-toed or open-back shoes.**  
Socks  
Water shoes/flip flops for water activities

### **DON'T Bring**

Valuables  
Cell phones  
iPod, tablets, game players, etc.  
Gum or candy

**Power Camp Hours – 8:30am – 5:30pm** Monday through Friday

### ***Arrival***

Children may be dropped off between 7:45– 8:30am. Please escort your child to the Camp Welcome Tent, located in the grassy area to the right of Premier's Front Entrance. Drop-off for campers is at the same location all week. *Campers must be signed in and out on the camp roster each day.* On the first day, please arrive early and bring your completed Power Camp Lunch Menu and Swim Ability form for the camp staff. Please also bring photo ID and verify with us any other persons authorized to pick up your children.

### ***Lunch***

Please review the Power Camp Lunch Menu form and circle the items you would like for your child to have. If your child suffers from any extreme food allergies, please denote it on the Lunch Menu form and make us aware of it when you come the first day.

***Pick up***

Please park your vehicle and come into Premier to sign your child out. Only persons authorized on the Power Camp Registration form will be permitted to pick up your camper. Please be prompt and remember to bring photo ID to sign your camper out of camp.

*NOTE: You will be unable to park or momentarily leave your car in the "pull through" line.*

We hope that you and your child will find Premier's Power Camp an enjoyable experience, creating a summer of wonderful memories. If you have any additional questions, please contact me at 850.431.4825

Sincerely,

Tonya Smith  
Programs & Communications Coordinator



## Kids POWER Camp

Name \_\_\_\_\_  
Last First Sex Date of Birth

Address \_\_\_\_\_  
Street City Zip

School last attended \_\_\_\_\_ Grade Completed \_\_\_\_\_

**Please Circle One**

**T-Shirt Size: YOUTH SM MED LRG ADULT S M**

Parent's or Guardian's Full Name \_\_\_\_\_

Home Phone # \_\_\_\_\_ Business Phone/Cell Phone \_\_\_\_\_

E-Mail Address \_\_\_\_\_

Camper will attend the following week(s): 1 Child: **\$185.00/week**  
Rate for each additional child in same week: **\$165.00/week**

**Making Memories-June 6** \_\_\_\_ **Pirates Paradise-June 13** \_\_\_\_ **Weird Science-June 20** \_\_\_\_

**Wild West-June 27** \_\_\_\_ **Party in the USA-July 5** \_\_\_\_ **Christmas in July-July 11** \_\_\_\_

**Rewind the Times-July 18** \_\_\_\_ **Animal Planet-July 25** \_\_\_\_ **Paradise Island-Aug 1** \_\_\_\_

**We're All Super Heroes-Aug 8** \_\_\_\_

Does camper have any type of physical disability or allergy Premier should know about? If so, please explain:

\_\_\_\_\_  
\_\_\_\_\_

- Complete registration requires the first week's fee in full with application.
- Additional weeks of the camp may be reserved, but require an upfront \$30.00 deposit per child per week. Please note that spots cannot be held without this deposit.
- Deposits are non-transferable and non-refundable.
- Any and all remaining balances are due at the time of child drop-off on the Monday of the week to be attended.
- Please make checks payable to: Premier Health & Fitness Center.

*Please complete  
back of page*



# “Kids POWER Camp” Agreement

I, \_\_\_\_\_,  
(Please Print Parent/Guardian Name)

Parent/Guardian of \_\_\_\_\_,  
(Please Print Child’s Name)

I understand there is no refund or prorated payments for late arrival or early departure from the camp, or if the camper is dismissed due to disciplinary action. I grant permission for my child to participate in any scheduled “off-campus trips” and allow the publication of any photos taken of my child during the period he/she is in attendance at Camp Premier. The undersigned hereby authorizes Premier Health & Fitness Center to photograph or permit other persons to photograph, videotape or interview me and/or my child and to use or permit other persons or entities to use the photographs, video footage or interviews for educational, treatment, research, scientific, public relations, marketing and charitable purposes. The undersigned waives any right to compensation for these uses by reason of the foregoing authorizations.

I fully understand and agree that Fitness-Related Activities of Premier Health & Fitness Center involve certain known risks, including but not limited to, equipment use accidents, personal injuries, and loss or destruction of personal property. I also understand and agree that Premier Health & Fitness Center cannot be expected to control all of said risks. In consideration of the benefits I will receive through my participation in the activities at Premier Health & Fitness Center, I hereby expressly and knowingly RELEASE PREMIER HEALTH & FITNESS CENTER, ITS OFFICERS, AGENTS, VOLUNTEERS, AND EMPLOYEES FROM ANY AND ALL CLAIMS AND CAUSES OF ACTION I MAY HAVE FOR PROPERTY DAMAGE, PERSONAL INJURY OR DEATH SUSTAINED BY, ARISING OUT OF, ANY PRE-ARRANGED TRAVEL OR ACTIVITY CONDUCTED BY, OR UNDER THE AUSPICES OF PREMIER HEALTH & FITNESS CENTER, WHETHER CAUSED BY MY OWN NEGLIGENCE OR THE NEGLIGENCE OF MY CHILD OR BY PREMIER HEALTH & FITNESS CENTER, ITS OFFICERS, AGENTS, VOLUNTEERS, OR EMPLOYEES.

I hereby give my consent for any medical treatment that may be required during my participation with the understanding that the cost of any such treatment will be my responsibility.

Premier Health & Fitness Center shall notify me promptly in writing of any claim or action brought against it in connection with my/my child’s participation in these activities. Upon such notification, my child’s representative or I shall promptly take over and defend any such claim or action.

I HAVE READ AND UNDERSTOOD THIS DOCUMENT, AND MY SIGNATURE EVIDENCES MY INTENT TO BE BOUND BY ITS TERMS.

Since the participant is under 18, I am signing as a parent or guardian to reflect my agreement to indemnify (that is, protect by payment or reimbursement) Premier Health & Fitness Center from any claim which may be brought by or on behalf of the participant, or any member of the participant’s family, for injury or loss resulting from those inherent risks of the course, described above, and from the negligence of the participant or Premier Health & Fitness Center.

---

**Signature of Parent or Guardian** **Date**

**Persons authorized to pick up camper:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Questions/Concerns? Contact us! 850.431.4825 - or - [Tonya.Smith@TMH.org](mailto:Tonya.Smith@TMH.org)**





## Kids POWER Camp Lunch Menu

Name: \_\_\_\_\_

**Food Allergies/ Dietary Restrictions:**

---

---

**"Build a Better" Lunch (Mondays, Wednesdays & Fridays)**

*Circle one from each category*

**Deli Meat:** Ham / Turkey / Peanut Butter & Jelly

**Cheese:** Cheddar / Swiss / No Cheese

**Bread:** Whole Wheat / White

**Side Choices:** Carrots with Hummus / Apples with Caramel / Yogurt

**Drink Choices:** Capri Sun / Tea / Water



**Chick-Fil-A**

*Circle one from each category*

6-count chicken nuggets (Grilled / Fried)

1 bag of potato chips / Fruit Cup / French Fries



**Which-Wich Kidswich**

*Please Circle One*

Cheese Pizzawich

Grilled Cheese

Peanut Butter & Jelly

Ham or Turkey





### **POWER CAMP GUIDELINES & POLICIES:**

- Parents *MUST* sign their children in and out daily.
- Only persons authorized on the Power Camp Registration form will be permitted to pick up your camper.
- Staff will NOT dispense medication to children.
- Parents will be contacted if the children become disruptive to the group.
- No profanity or fighting will be tolerated in the camp.
- Children must wear closed-toed/backed footwear due to the nature of camp activities. **No open-toed or open-back shoes.** (Ex. "clogs", "Mules", "slides", "flip-flops", etc.)
- Girls must wear a one-piece bathing suit or "tankini" during water activities.
- Children are not allowed to touch gym equipment.
- Children will not be allowed in the hot tub or lap pool. They are only permitted to swim in the aerobics pool at the time scheduled.
- No gum or candy allowed at camp.
- Children should not bring technology to camp, including cell phones, tablets, game players, DVD players, or other devices.
- If you wish for your child to wear sunscreen and/or bug spray, it must be provided by you, labeled with your child's name.
- Campers must be signed in and out on the camp roster each day. This requires the parent/guardian to accompany their child (ren) to the Welcome Tent each morning to drop off and come into the Premier facility each afternoon to pick up. *Dropping children off at Premier is unacceptable, and may result in termination of registration without a refund.*

I, \_\_\_\_\_ parent of \_\_\_\_\_,  
do agree to comply with the above Premier Power camp Rules, and I understand that these are in the best interest of my child's safety.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date