



Summer 2011

Register now for Fit Families on the Move!



Registration information

Fit Families on the Move! 2011 is a program sponsored by Healthy Kids Club, Poudre Valley Health System, designed to keep families moving and active during the summer months! Fit Families can participate in a variety of free or low-cost activities all summer long!

How does it work?

Families complete the registration form (see back) and return it along with payment (\$5 per person, ages 2 and up) to Healthy Kids Club. Activities start **May 31st** so get your family signed up soon! Registered families receive a tote bag, a Fit Families activity calendar, and an all access pass for over 60 free or low cost fun summer activities in Fort Collins, Loveland, Windsor and Greeley! Each time your family participates in an activity your pass will be stamped – at the end of the summer families who participate in 10 or more Fit Family activities will be entered in to a drawing for great prizes!

Activities include:*

- \$1/person swims at City Park, EPIC and Mulberry Pool (every week!)
- Discounted bowling at Chipper's Lanes
- Free family swims at Thompson Valley Pool
- Family days at the Farm, Lee Martinez Park
- Bike rides
- Free hikes - Red Mountain, Devil's Backbone, Eagle's Nest, Fossil Creek Reservoir, Soapstone Prairie, River Bluffs
- Family kick-off picnic – register on back!
- Discounted mini golf at Fort Fun
- Discounted Fort Collins Foxes baseball games
- Discounted rates at Rollerland
- Free family swims at Berthoud Pool
- Free family night at the Chilson Rec. Center
- Free family swim at Chimney Park Pool
- And more!

**Final activity list subject to change*

Prizes!

Turn in your all-access pass by Friday, August 26th! Families who participate in ten or more of the Fit Family activities will be entered in to a drawing for prizes that include:

- Rockies tickets
- Restaurant gift certificates
- Gift cards for Target, Shops at Centerra, Wal-Mart
- Fort Fun passes
- Bowling passes
- Golf passes
- Gym bags, water bottles, active gear and more!

Questions?

Email Laurie Zenner at lhz@pvhs.org.



Registration Form



Please complete one registration form for the entire family. At least one adult is required to register with kids 12 and under. Thank you for printing clearly. Include a check payable to PVHS Healthy Kids Club for \$5 per person (ages 2 and up). Send registration form to: **Laurie Zenner, PVHS Healthy Kids Club, 1024 S. Lemay Ave., Fort Collins, CO 80524**. All access pass and activity calendar will be mailed to you upon receipt; tote bags will be available for pick up at the kick-off picnic June 13 and the Chimney Park family swim on Sunday, August 7.

Family Last Name _____

Address _____

City _____

State _____

Zip _____

Phone _____

Email address (for reminders, new information) _____

Family Members names/ages: (register children 2 and up)

Name _____ Age _____ Name _____ Age _____ Name _____ Age _____

Name _____ Age _____ Name _____ Age _____ Name _____ Age _____

Name _____ Age _____ Name _____ Age _____ Name _____ Age _____

Total Number of Participants: _____ x \$5.00 = \$ _____

Register for the kick-off picnic:

Join us for the Fit Families Kick-off picnic, Monday June 13th, 4:30 – 7 pm, Windsor's Main Park! Pick up your tote bags – enjoy food from Jason's Deli, music, games and park activities. Cost is \$3 per person (2 and up).

Total Number Attending Picnic: _____ x \$3.00 per person = \$ _____

Total enclosed _____

(please include just one check for Fit Families Registration and the Kick-off Picnic)

Waiver and Release

I hereby release PVHS, its officers, its agents, its employees and any other people officially connected with this class or event, from any and all liability for damages, losses, injuries, expenses or loss of personal property, sickness or injury from whatever source which might occur while participating in this class or event. I further agree to release, acquit and covenant not to sue PVHS, its officers, its agents, its employees and any other people officially connected with this class or event for all actions, causes of action, claims or damages, damages in law, or remedies in equity of whatever kind, including the negligence of PVHS, against PVHS arising out of participation in this program. In short, I can neither sue nor collect any money from PVHS.

By signing below, I agree that I have read, understand and agree to the terms of the Waiver and Release.

Signature _____

Date _____

