

Junior Member's Certification Form

1. A doctor's release (which includes doctor's signature on office stationary) must be received Jr member is able to participate in fitness programs, use the fitness equipment, or sign up for personal training. Please email form to SJSRC56@gmail.com but, if necessary, the doctor may fax the release to the club office at 408-297-0594.
2. Student must be already 13 years old and at least 4 foot 10 inches tall.
3. Student must have no physical restrictions.
4. Student must wear exercise clothes and athletic shoes.
5. Please make sure to wipe off machines after use.
6. Any misuse of facilities or equipment will be subject to loss of workout privileges.
7. If you have any questions, please email SJSRC56@gmail.com.

(Name of Student)

PLEASE NOTE, THE WEIGHT ROOM CERTIFICATION CONTRACT
SIGNED BY PARENT & JR MEMBER AND THE DOCTOR'S
CONFIRMATION MUST BE TURNED IN BEFORE PRIVILEGES ARE
GRANTED.

JUNIOR ORIENTATION CONTRACT

I, _____ understand the Equipment Room policies and agree to follow these policies. I also understand that if at anytime I violate these policies or rules, my privileges may and can be revoked by the San Jose Swim and Racquet Club.

I recognize that using the fitness facility is a privilege and I will be respectful to others while using the equipment and will not abuse the equipment or use it in an unsafe manner.

I understand that having a Junior Certification Card does not allow me to bring guests under the age of 18 into the fitness room.

Student

Date

Parent

Date

**PLEASE NOTE, CERTIFICATION CONTRACT AND THE DOCTOR'S
CONFIRMATION MUST BE TURNED IN BEFORE PRIVILEGES**