

## Personal Training Client Agreement

The guidelines outlined below define the relationship and responsibilities between Trainer and Client.

### The Trainer Will...

- Initially assess the needs and abilities of the client as part of establishing an exercise program
- Create a personalized exercise program that is safe and effective
- Provide guidance regarding proper exercise technique
- Maintain proper records of sessions used and client progress
- Keep all client information confidential
- Continually re-assess client's needs and abilities
- Modify the personalized program as necessary according to client's progress, needs and goals
- Be prompt for sessions; if late client is owed that time
- Give 24 hour notice for cancellations and reschedule accordingly

### The Client Will...

- Purchase all training packages prior to beginning any training sessions
- Discuss all health history information and any medical concerns with the trainer
- Be prompt for sessions; if late that time is forfeited
- Give 24 hour notice for cancellations and reschedule accordingly; no call/no show – session is charged for the missed lesson
- Communicate to trainer any concerns that occur during or arise from a session

### Personal Training Package Policies

- All training packages are purchased at the Children's Desk PRIOR TO the first swim lesson.
- 2 and 5 session packages expire 4 months from purchase date
- 10 and 20 session packages expire 6 months from purchase date
- 50 session packages expire 15 months from purchase date
- No refunds on Personal Training Packages, unless medically necessary
- Half hour sessions can be combined into hour or longer sessions. This is contingent on you and the personal trainers schedule
- Partner and Group Training packages/programs are purchased with the knowledge that all participants are present during training session; no make-ups for missed sessions

Client Name (printed): \_\_\_\_\_

Client Signature: \_\_\_\_\_

Trainer Signature: \_\_\_\_\_