

4S & 5S APPLICATION

YOUR INFORMATION

Please complete **ALL** the information below.
Print clearly using black or blue ink.

Child's Name:

School:

D.O.B: Grade:

Parent's Full Name:

Address:

City: State: Zip:

Phone (Day):

E-mail:

I understand that to be eligible for this program and its benefits, the participant must

- Be currently enrolled in 4th or 5th grade;
- Be accompanied by a fully paying adult guest to the mountain on a one for one basis;
- Present the 4s & 5s Passport card when the adult on-mountain pass is being purchased.

I certify that all information submitted on this form is true and correct to the best of my knowledge.

Parent's Signature:

PAYMENT INFORMATION

Check Visa Master Discover Amex

Name on Card:

Card #:

Exp.: V-Code: Date:

Signature:



is a family owned and operated winter sports recreational mountain. Catamount was built and has been based for over 50 years on providing an environment for fun and well-being for the entire family. Catamount has long been aware of the sociological, mental and physical health benefits of winter outdoor sports (skiing, snowboarding, etc.) for all who participate. Continuing in this tradition, we want to encourage the youth and future generations away from sedentary activities such as television and computers and out of the house into the great outdoors especially during the winter. Additionally, we want to help address the **Obesity Epidemic** (see over) confronting our society. We also want to make it easier for the whole family to enjoy our mountain and what it has to offer -

- ✓ 32 trails
- ✓ 6 lifts, including Summit Quad
- ✓ Wonder Carpet for beginners
- ✓ 1000ft vertical drop
- ✓ 98% snowmaking coverage
- ✓ 3 Terrain parks & Half Pipe
- ✓ Night skiing

So we created the "**4s & 5s Club**" card.

WHAT IS THE 4S & 5S CLUB?

The "**4s & 5s Club**" is a program specifically designed to encourage the youth in our families to get involved with winter mountain sports. Simply bring your 4s & 5s Club card to any ticket window when you purchase an 8-hour Adult lift ticket and you will receive a **FREE** 8-hour Junior lift ticket. Certain restrictions do apply so please be sure to read the guidelines thoroughly on how to use your club card properly.

GUIDELINES

1. **ELIGIBILITY** – Your child **must** be in the 4th or 5th grade.
2. **AVAILABILITY** – Complete the application to the left and mail it in to our office with your \$15 processing fee (per child) and a copy of your child's report or progress card.
3. **BENEFITING** –
 - a. **Present your Card** – at the same time that the full price adult 8-hour ticket is being purchased. One full price adult, one **free** junior 8-hour ticket. (*Season Pass does not qualify as a paying adult*).
 - b. **Weekends/Holidays** – Available for weekend-days and holidays (except Martin Luther King weekend and Nights).
 - c. **Other promotions** – may not be combined with any other program offered by Catamount or used with any packages. May not be used with any coupons or tickets purchased outside of Catamount. May not be transferred.
 - d. **Lost Card** – There is a \$30 charge to issue a replacement card.

In 5-7 days your application will be processed and your child will be able to have their picture taken for their pass.

ENROLLING

We have made the enrollment as simple as possible.

1. **Application Form** – Complete the Application form in full including the parent's signature and payment information.
2. **Submission** – Mail your application to Catamount as soon as possible.

OBESITY

Open your window on a winters day and what do you hear? Do you hear the sounds of children at play? Probably not! Our children are now leading a much more sedentary lifestyle with a dramatically increased interest in inactive pastimes such as television, computing and video games. Because of this lifestyle change, body weights are increasing at an alarming rate.



In the United States, we are now facing an **Obesity Epidemic**. The total number affected has doubled in the last two decades. The current estimate is that one child in every five is *overweight or obese*.

WHAT IS OBESITY?

Obesity and overweight are defined as an excessive accumulation of body fat. What is the difference?

A child is considered **obese** when they are 85% heavier than recommended for their height, frame type and sex. Under 85% heavier, then that child is said to be **simply overweight**.

While studies have shown that up to 70% of obese adolescents will become obese adults, these studies also reveal obesity in younger children can be permanently corrected.

CAUSES OF OBESITY

There are many causes of obesity. Genetics is one but lifestyle and dietary habits are far more significant. In the past two decades -

- We have been inundated with devices to 'make our life easier'. These devices also rob us of opportunities for physical exercise.
- We find ourselves working longer hours to support our family's needs. Most families now find it essential for both parents to work full-time.
- We have experienced a dramatic increase in sedentary activities (television, computers and video games) that has led to an equally significant decrease in physical activity especially among our children.
- We have seen a significant increase in the consumption of fast foods. Fast foods, in the main, contain high amounts of fats and sugars, leading to a greatly increased calorie intake.

Obesity has been shown to be a dominant factor in the physical/mental health and social behavior of both the overweight/obese person and those with whom they associate.

WHAT CAN WE DO?

The lists are a mile long of what we can do to deal with obesity but when all is said and done, they can be summed up with:

**EAT HEALTHY – EXERCISE OFTEN
and this winter...**

COME TO CATAMOUNT

catamountski.com

SNOW REPORT: 1-800-342-1840

Catamount

This winter, ~~DON'T~~ be a

FAT CAT

Join our... **4s & 5s Club**

DOES NOT GRANT LIFT ACCESS
NON-TRANSFERRABLE

SNOW REPORT
1-800-342-1840

09/10 4s & 5s Club
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and be the FIT CAT!

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