



Active Learning

&



Orange County Educational Arts Academy

Present

Family Fitness

Boot Camp ♦ Zumba ♦ Yoga and more.....



Every Tues/Thus 6-7pm ALL Families

COST: FREE! FREE! FREE!

DONATIONS ARE ACCEPTED BUT NOT REQUIRED. DONATIONS WILL BE USED TO PURCHASE EQUIPMENT FOR THE CLASS.

***Participants are encouraged to wear comfortable workout clothes and bring water.*

Fitness Class Waiver

To be completed and kept on file before participation in the class

“I, _____, am freely participating in the fitness program offered through Active Learning at OCEAA. I recognize that the program may involve strenuous physical activity including, but not limited to, muscle strength and endurance training, cardiovascular conditioning and training, and other various fitness activities.

I _____, hereby affirm that I am in good physical condition and do not suffer from any known disability or condition which would prevent or limit my participation in this exercise program. I acknowledge that my enrollment and subsequent participation is purely voluntary and in no way mandated by Active Learning or OCEAA.” “In consideration of my participation in this program.

I, _____, hereby release Active Learning, OCEAA and its agents from any claims, demands, and causes of action as a result of my voluntary participation and enrollment.”

“ I fully understand that I may injure myself as a result of my enrollment and subsequent participation in this program and I, _____, hereby release Active Learning, OCEAA and its agents from any liability now or in the future for conditions that I may obtain.

These conditions may include, but are not limited to, heart attacks, muscle strains, muscle pulls, muscle tears, broken bones, shin splints, heat prostration, injuries to knees, injuries to back, injuries to foot, or any other illness or soreness that I may incur, including death.”

I HEREBY AFFIRM THAT I HAVE READ AND FULLY UNDERSTAND THE ABOVE STATEMENTS.

_____ (Participant Signature)

_____ (Date)