

# YWATER FITNESS™

We build strong kids, strong families, strong communities.

## Program (Please Circle Class and Fill in Time)

Arthritis I      Arthritis II      Deep Water      Early Birds  
Power Combo      Shallow Power      Water Walking

Monday/Wednesday/Friday: \_\_\_\_:\_\_\_\_      Tuesday/Thursday: \_\_\_\_:\_\_\_\_ a.m. or p.m.

## Participant Information

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: Male Female Member or Non-Member

Email Address: \_\_\_\_\_

Important Medical Information: \_\_\_\_\_

## Emergency Contact Information

Primary Emergency Contact: \_\_\_\_\_ Home #: \_\_\_\_\_ Work #: \_\_\_\_\_

Secondary Emergency Contact: \_\_\_\_\_ Home #: \_\_\_\_\_ Work #: \_\_\_\_\_

## Mary Perry Ragsdale Family YMCA Water Fitness Policies

1. A minimum of 5 participants is required to constitute a water exercise class.
2. Cancellations will be done at Aquatic Director's discretion.
3. In the event of thunder or lightning the pool will close and will not re-open until 30 minutes after the last sight of lightning or sound of thunder.
4. In the event that the Ragsdale YMCA closes the pool for any reason you will be given a voucher for the class, which you can use toward your next session of water fitness classes. No refunds are given.

I have read and understand the Water Fitness policy agreement.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

How did you hear about us?

Newspaper (specify) \_\_\_\_\_ Website \_\_\_\_\_ Program Flyer \_\_\_\_\_ Other (specify) \_\_\_\_\_



## Release and Waiver of Legal Liability

**THIS IS YOUR RELEASE AND WAIVER OF LIABILITY** (the “Release”). You individually and/or on the behalf of any minor child, release the YMCA of Greensboro, Inc., its officers, directors, board members, employees, volunteers, agents, independent contractors, other participants and/or others acting on its behalf (collectively, “YMCA”). You agree that this Release is effective immediately. **This is important to you and/or any minor children so do not sign until you have had your questions answered. You provide this Release freely, and without duress under the following terms:**

1. **GENERAL RELEASE:** I hereby agree for myself and/or my child and our respective heirs, assigns and legal representatives, to indemnify, defend and hold YMCA and its officers, directors, board members, employees, volunteers, agents, independent contractors, other participants (“Releases”) in the program harmless from any and all claim and causes of action of any nature for any and all personal injury or illness including death, which may occur to me and/or my child or which may be aggravated during or by any activity during the course of the program in which I have decided to allow myself and/or my child to engage. I further waive any and all claims or causes of action, which I and/or my child may now or hereafter have against Releases which may at any time arise as a result of any act or thing occurring in or arising out of my and/or my child’s participation in the program. I further expressly understand and agree the foregoing indemnity, release and waiver is intended to be as broad and inclusive as permitted by the lay of the State of North Carolina and that any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full force and effect.
2. **ASSUMPTION OF RISK:** I, individually and/or on the behalf of any minor child, expressly and specifically assume any and all risk of injury, illness, death, or property damage resulting from my YMCA activities. You assume the risks: I, individually and on behalf of my minor child, understand that YMCA activities are strenuous and dangerous and should be engaged in only by persons in good health. I understand that I should consult a physician before enrolling myself and/or my child in the YMCA program. Once you sign, you are saying that you understand the risks involved and accept all the risks.
3. **MEDICAL RELEASE:** I, individually and/or on behalf of any minor child, further hereby release YMCA from any claim whatsoever which may arise as a result of any first aid, treatment, or services or assistance provided to me in connection with any injury that arises from activities at YMCA. A.) I take full responsibility for my and my child(s) welfare and safety on or at YMCA activities. B.) I hereby give permission for emergency medical treatment to be administered as deemed appropriate.
4. **PHOTOGRAPHIC RELEASE:** I consent to be photographed and to allow YMCA’s use of any photos of myself and/or my minor child at its sole discretion. **HAVING READ, UNDERSTOOD, AND ADREED WITH THESE TERMS, I HAVE EXECUTED THIS RELEASE, TO BE EFFECTIVE IMMEDIATELY.**

Signature of Participant or Parent/Legal Guardian: \_\_\_\_\_ Today’s Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Mary Perry Ragsdale Family YMCA 900 Bonner Drive Jamestown, NC 27282  
www.ragsdaleymca.org -- 336-882-9622

The mission of the YMCA of Greensboro is to put Judeo-Christian principles into practice through programs that build a healthy spirit, mind, and body for all.

*Financial assistance is available through our Open Doors Scholarship Program.*



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