Adult Stretch & Strength / Danscott Studio

DS is very excited to announce that we will be continuing with an Adult Stretch & Strength for 2021-2022. Sure to be inspirational for all participants, this class will follow an aerobic and music conditioning format, all designed with adults in mind. Improve your balance, aerobic endurance, flexibility and muscle tone and join in the fun. This adult program will run from September 2021, pause during our Winter break, resume January, 2022 and finish at our DS Spring Break, 2022. See below for dates and information.

Class Time: Thursday, 7:20-8:05 pm

Location: Studio A

Name:

Contact Email:

<u>Dates of Classes</u>: Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, Nov 4, 11, 18, 25, Dec 2, 9, 16, Jan 6, 13, 20, 27, Feb 3, 10, 24, March 3, 10, 17 (Registrants please note that our classes start Sept 9, no class on

Feb 17; lessons finish on March 17)

What to wear: participant's choice of any style exercise wear and runners.

Cost for Adult Stretch & Strength (25 lesson program)

\$315.00 (includes GST) per person

Parents of DS students: \$262.50 (includes GST) per person

All cheques must be made payable to Danscott Studio and fees are due at the time of registration. Etransfers are also accepted as well as credit card payments; information is available through the DS office. Please note that there is no withdrawal from our Adult Stretch & Strength, once registration is received. Please also sign the Stretch & Strength waiver on the bottom of this form when submitting your registration, thank you.

Adult Stretch & Strength Registration Form, Fall 2021

Payment Enclosed:
: Yes, I have a child registered at DS studio in 21-22
Student or Students who are registered at DS:
Please submit your registration form at our DS office during office hours or email/scan to
danscottstudio@shaw.ca. Registration will be held on a first come basis but please note that we must
have 9 registrants to run our Adult Stretch & Strength class. Parents, must also sign the waiver on the
bottom of this form when submitting your registration. Questions, please feel free to email
danscottoffice@shaw.ca for more information.
Waiver and Release for Adult Stretch & Strength
WAIVER AND RELEASE: I do hereby release, indemnify, and hold harmless Danscott Studio, its employees, agents, instructors, volunteers, Alexandra Ford and Gail Scott from any claims of any nature, including claims for negligence and/or breach of contract which I may have as a result of participation. I recognize and acknowledge that dancing and dance instruction involves inherent dangers, including injury. I do hereby assume all risks and hazards incidental to this activity and hereby waive any and all claims I may have against the aforementioned organizations and individuals. Payment of this program fee is an acknowledgment of any and all risks involved in this activity and a waiver of any and all claims. In case of accidents or sickness, I consent to emergency medical care for myself to be provided by ambulance or hospital personnel. I acknowledge the contagious nature of COVID-19 and other contagious diseases and viruses and voluntarily assume the risk that I may be exposed to or infected by COVID-19 by attending and participating and that such exposure or infection may result in personal injury, illness, permanent disability and death. I understand that the risk of becoming exposed to or infected by COVID-19 and other contagious diseases and viruses may result from the action, omissions or negligence of myself and others, including but not limited to, employees, volunteers and program participants and their families. I also agree to all information as outlined in the Danscott Policy Handbook, including Policies and Procedures and all future Danscott Correspondence. All photos/videos taken at Danscott Studio or any Studio Event, are the property of Danscott Studio and may be used for any type of promotional materials. Parent Signature:
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