GLIDDEN WELLNESS CENTER

# Class Registration Form

Name_____ Email Address _____

Address _____ City_____ Zip _____

Telephone Number (H) _____ (W) _____ (C) _____

Age (circle one) 16-17 18-29 30-39 40-49 50-59 60-69 70-79 80-89 90-99

## Waiver & Medical Authorization

In consideration of being permitted to participate in a Glidden Wellness Center activity or program, I, the undersigned participant (or, if under age 18, the participant's parent or legal guardian on his or her behalf): (I) recognize and acknowledge that such activity may involve risk of injury or property damage, (ii) assume full responsibility for and risk of any bodily injury, damage or loss which may occur as a result of participating in such activity, (iii) release, waive, discharge and covenant not to sue the City of Glidden representatives (the "releasees") from all liability to the undersigned for any and all damage or loss , and any claim or demand therefore, on account of injury to my person or property, whether due to negligence of the releasees or otherwise, as a result of participating in any such activity or program, (iv) agree to indemnify and hold harmless the releases identified above from any and all loss, liability, damage or cost that they may incur as a result of my participation in any such activity or program, (v) in the event of any injury or illness while participating in such activity or program, authorize any emergency first aid, medication, medical treatment or surgery deemed necessary by licensed medical personnel, and (vi) consent to my picture being used for publicity or promotional purposes. **I have read and fully understand this waiver and medical authorization and voluntarily sign it.**

Signature_____ Date _____

Registration may be dropped off or mailed to the Glidden City Office at 108 Idaho Street;
*P.O. Box 349; Glidden, IA 51443. Questions, please contact 712.659.3010.*

**Class fee** – FREE to members

| **Activity Name** | **Session #** | | | | |
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**Stretch & Strength** – Monday/Tuesday/Thursday 5:30-6:30 pm – Michelle Snyder, Instructor