

Pelham Parks and Recreation

6 Village Green, Pelham, NH 03076

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Toddler Yoga for Ages 2-4

6 Mondays from 10:30 am – 11:15 am

March 5, 2018 – April 9, 2018

Participant Release Form

Participant Name: _____ Age: _____ DOB: _____

Address: _____ Town: _____ State: _____ Zip: _____

Parent Names (for those under 18): _____

Cell phone number: _____ Home phone number: _____

Email address (optional): _____

This is a recreation level learn to some basics of yoga exploration. **The program will take place on Mondays as noted above for six weeks starting March 5, 2018 and ending April 9, 2018 at the First Congregational Church, 3 Main St., Pelham, NH. Space is limited; first come/first served.**

This program poses limited risks to the participants. These risks may include but are not limited to bumps, bruises, cuts, abrasions, broken bones, concussions, heart attacks and even death. We advise that all those participating be in good physical condition. Any limitations regarding physical capabilities should be made known to the Pelham Parks and Recreation Department.

Participants should wear comfortable clothing. No prior knowledge is needed. This is a fun, playful class where kids can move energy through their bodies and bring calm into their minds. No knowledge or skills are required to take part in this program. Participants will be introduced to the basics yoga.

Please list any physical or other condition, medications the participant is taking, dietary restrictions, allergies, or other information which may be necessary and helpful to insure participants' health and safety:

I have read and understand the information provided above. I have noted any physical or medical conditions the participant has which might affect his/her participation. He/she meets the standards required for participation and will have the necessary equipment, if needed, which will be in good working condition. I assume all the risks normally incidental to the nature of this activity, including risks which are not specifically foreseeable. I will follow the rules and regulations provided by the activity leaders/coaches/supervisors.

I, the undersigned, hereby agree to release, indemnify, save and hold harmless the Town of Pelham, the Parks and Recreation Dept, its employees, agents, representatives, coaches, volunteers, from any and all liability, actions, causes of actions, debts, claims or demands of any kind for property damage or personal injury resulting from failure to obey safety regulations and directions of the activity leader or resulting from the exercise of judgment by the leader in good faith response to emergencies and exigencies which occur during the activity; provided, however, that nothing contained herein shall excuse any of the leaders to act with reasonable care for the safety of the participant during the course of the activity inappropriate to the circumstance.

You have my permission to have a physician attend to me, if it is deemed necessary, during my participation in the above activity. Participation may be videotaped or photographed for the website.

Executed this _____ day of _____, 20____ Signature of parent _____

In case of emergency and the parents/guardians cannot be reached, please contact:

Name: _____ Relation: _____

Town/City/State: _____ Telephone: _____

Please make checks payable to: Town of Pelham / \$65.00; \$5.00 discount for additional sibling.