

SUN CITY HATHA YOGA CLUB MEMBERSHIP APPLICATION

PRINT CLEARLY Last Name _____ First Name _____
Sun City Street Address _____ Zip _____
Phone _____ Email _____
In Case of Emergency Notify _____ Relationship _____
Emergency Contact's Phone _____

Be prepared to show your RCSC Member card with photo (No key fobs accepted) with this application.

Mat Class Members must be able to get up and down from their mat without assistance.

Chair Class Members must be able to stand from a seated position from an armless chair without assistance.

Yoga instructors (Mat or Chair) will determine which type of yoga class is appropriate.

I will **arrive at least fifteen minutes prior to class** to sign in and pay so that everyone (including the monitors) can be settled on his/her mat before practice begins. **Doors close 10 minutes prior to class start.**

I will honor those who have arrived on time and **not enter the room once the practice has started.**

I understand that yoga is practiced in a warm environment to prevent injury. I will dress in layers that can be removed or added as needed for my own personal comfort and I will place my mat in the appropriate warm or cool part of the room. As some members may have allergies, **I will refrain from wearing any fragrance to practice.**

I will leave my shoes, bags and turned-off electronics by the door. When moving about the room, I will not step on anyone else's mat. If I must leave early, I will **go quietly before final relaxation (Savasana) begins** so as not to disturb others.

I understand that the Club belongs to all of us and that keeping the club going is every member's responsibility. I agree to volunteer and assist by monitoring on a regular basis.

I understand that RCSC has a Code of Conduct (Article VIII, Section 1, RCSC Board Policy 12), which I agree to abide by, and **I agree to discuss any issues or complaints I may have with a Club Officer after class.**

AGREEMENT OF PARTICIPATION AND RELEASE OF LIABILITY RCSC Form CR-19 Waiver

In consideration of membership in this activity and the benefits I receive, I understand and agree that:

It is the purpose of this Agreement to exempt, waive and release THIS CLUB, its officers, instructors, volunteers and members and the RECREATION CENTERS OF SUN CITY, INC., its Directors, officers, volunteers, employees and members from any and all claims, including but not limited to, personal injury, property damage and/or wrongful death claims which may occur for any reason, including negligence, **while engaged in club activities only.**

I acknowledge and understand the purpose of this club and the risks which may be associated with the club's activities.

I state, without reservation, that I am fit and capable of participation in the activities of this club. If I am in doubt of my ability to participate, I will seek appropriate medical advice.

I agree to assume the responsibility to exercise care for my own safety and I will ask and wait for assistance or training **If I am not sure I can perform any activity.**

By signing below, I agree to the RCSC Waiver of Liability and to follow the Hatha Yoga Club Guidelines above.

RCSC # _____ NEW MEMBER _____ OR RE-NEWING MEMBER _____

Member Signature _____ Today's Date _____/_____/_____

Membership fee was collected and Rec Card INFORMATION WAS VERIFIED by the following Monitor _____

NEW MEMBERSHIP CARD WAS PREPARED by _____