



WATER FITNESS



Winter 2020

Held at the **La Palma Hospital Therapeutic Pool**
 7901 Walker St. Pool & Parking in rear of hospital
*Class times are subject to change to accommodate
 minimum teacher-to-student*

For Older Adults, ages 55+, Water Fitness is a shallow water workout that includes aerobic training, muscle conditioning, and a stretch and relax phase to promote flexibility and reduce stress and tension.

Mondays/ Wednesdays	January 1/6-1/29 Non-Resident		February 2/3-2/26 Non-Resident		March 3/2-3/30 Non-Resident		Apr 4/1-4/29 Non-Resident	
	Resident	Resident	Resident	Resident	Resident	Resident	Resident	Resident
	\$48	\$53	\$48	\$53	\$52	\$57	\$52	\$57
9:00 am	9792		9798		9804		9810	
10:00 am	9793		9799		9805		9811	
11:00 am	9794		9800		9806		9812	
Tuesdays/ Thursdays	January 1/7-1/30 Non-Resident		February 2/4-2/27 Non-Resident		March 3/3-3/31 Non-Resident		Apr 4/2-4/30 Non-Resident	
	Resident	Resident	Resident	Resident	Resident	Resident	Resident	Resident
	\$48	\$53	\$48	\$53	\$52	\$57	\$52	\$57
9:00 am	9795		9801		9807		9813	
10:00 am	9796		9802		9808		9814	
11:00 am	9797		9803		9809		9815	

Participant FIRST Name	Participant LAST Name	Participant Birth Date	Participant Gender
Email	Day Phone	Cell Phone	
Address			Apt #
City		State	Zip Code

Class #	Month	Fee

Checks Payable to: **CITY OF LA PALMA**

TOTAL PAID



LA PALMA RECREATION AND COMMUNITY SERVICES DEPARTMENT WAIVER, RELEASE, HOLD HARMLESS, AND AGREEMENT NOT TO SUE -- I fully understand that my participation in Water Fitness classes exposes me to the risk of personal injury, death, or property damage. I hereby acknowledge that I am voluntarily participating in Water Fitness classes and agree to assume any such risks.

I hereby release, discharge and agree not to sue the City of La Palma for any injury, death or damage to or loss of personal property arising out of, or in connection with my participation in Water Fitness classes from whatever cause, including the active or passive negligence of the City of Palma or any other participants in Water Fitness classes. The parties to this agreement understand that this document is not intended to release any party from any act or omission of "gross negligence," as that term is used in applicable case law and/or statutory provision.

In consideration for being permitted to participate in Water Fitness classes; I hereby agree, for myself, my heirs, administrators, executors and assigns, that I shall indemnify and hold harmless the City of La Palma from any and all claims, demands, actions, or suits arising out of or in connection with my participation in Water Fitness classes.

Furthermore, I give the City of La Palma, its officers, agents or employees permission to use any related picture, video or electronic images, sounds etc., in the Department's promotional materials.

In addition to the above, I do hereby authorize and consent to any x-ray examination, anesthetic, medical or surgical diagnosis rendered under the general or special supervision of any member of the medical staff and emergency room staff licensed under the provisions of the Medicine Protection Act or a current license to operate a hospital from the State of California Department of Health. It is understood that this authorization is given in advance of any specific diagnosis, treatment or hospital care being required but is given to provide authority and power to render care which the aforementioned physician in their exercise of his or her best judgment may deem advisable.

I HAVE CAREFULLY READ THIS WAIVER, RELEASE, HOLD HARMLESS, AND AGREEMENT NOT TO SUE AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT IT IS A FULL RELEASE OF ALL LIABILITY AND I SIGN IT ON MY OWN FREE WILL.

Date: _____ Signature of Applicant: _____

EMERGENCY CONTACT INFORMATION

Printed Name: _____ Work Phone: _____ Cell Phone: _____



YMCA MEMBER/CHILDREN RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT -- IN CONSIDERATION of being permitted to utilize the facilities, services and programs of the YMCA (or for my children to so participate) for any purpose, including, but not limited to observation or use of facilities or equipment, or participation in any off-site program affiliated with the YMCA, the undersigned, for himself or herself and such participating children and any personal representatives, heirs, and next of kin, hereby acknowledges, agrees and represents that he or she has, or immediately upon entering or participating will, inspect and carefully consider such premises and facilities or the affiliated program. It is further warranted that such entry into the YMCA for observation or use of any facilities or equipment or participation in such affiliated program constitutes an acknowledgement that such premises and all facilities and equipment thereon and such affiliated program have been inspected and carefully considered and that the undersigned finds and accepts same as being safe and reasonably suited for the purpose of such observation, use or participation by the undersigned and such children.

IN FURTHER CONSIDERATION OF BEING PERMITTED TO ENTER THE YMCA FOR ANY PURPOSE INCLUDING, BUT NOT LIMITED TO OBSERVATION OR USE OF FACILITIES OR EQUIPMENT, OR PARTICIPATION IN ANY OFF-SITE PROGRAM AFFILIATED WITH THE YMCA, THE UNDERSIGNED HEREBY AGREES TO THE FOLLOWING:

1. THE UNDERSIGNED ON HIS OR HER BEHALF AND BEHALF OF SUCH CHILDREN, HEREBY RELEASES, WAIVES, DISCHARGES AND CONVENANTS NOT TO SUE the YMCA and all branches thereof, its directors, officers, employees, and agents (hereinafter referred to as "releases") from all liability to the undersigned or such children and all his personal representatives, assigns, heirs, and next of kin for any loss or damage, and any claim or demands therefore on account of injury to the person or property or resulting in death of the undersigned or such children whether caused by the negligence of the releases or otherwise while the undersigned or such children is in, upon, or about the premises or any facilities or equipment therein or participating in any program affiliated with the YMCA.
2. THE UNDERSIGNED HEREBY AGREES TO INDEMNIFY AND SAVE AND HOLD HARMLESS the releases and each of them from any, loss, liability, damage or cost they may, incur due to the presence of the undersigned or such children in, upon or about the YMCA premises or in any way observing or using any facilities or equipment of the YMCA or participating in any program affiliated with the YMCA whether caused by the negligence of the releases or otherwise.
3. THE UNDERSIGNED HEREBY ASSUMES FULL RESPONSIBILITY FOR AND RISK OF BODILY INJURY, DEATH OR PROPERTY DAMAGE to the undersigned or such children due to negligence of releases or otherwise while in, about or upon the premises of the YMCA and/or while using the premises or any facilities or equipment thereon or participating in any program affiliated with the YMCA.

THE UNDERSIGNED further expressly agrees that the foregoing RELEASE WAIVER AND INDEMNITY AGREEMENT is intended to be as broad and inclusive as is permitted by the law of the State of California and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

THE UNDERSIGNED HAS READ AND VOLUNTARILY SIGNS THE RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT, and further agrees that no oral representations, statements or inducement apart from the foregoing written agreement have been made.

I HAVE READ AND UNDERSTAND THE YMCA MEMBER/CHILDREN RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT

➔ Date: _____ Signature of Applicant: _____