





 knop@cityofharvard.org

 815-943-6468 x110

 201 W. Diggins St
Harvard, IL 60033

Limber Life Fitness Class

Specialized Class That Focuses On Flexibility & Mobility

Days of the Week: Tuesday's & Friday's

Location: Harvard City Hall Community Room

Class Time: 9am - 10am

4 Week Sessions

Session 3: Starts January 30th

Session 4: Starts February 27th

WANT TO REGISTER?

Session 1 Only **\$40 R / \$50 NR**

Session 2 Only **\$40 R / \$50 NR**

Both Sessions **\$70 R / \$90 NR**



CITY OF HARVARD PARKS AND RECREATION WAIVER

The City of Harvard is committed to conducting its recreation programs and activities in a safe manner and holds the safety of participants in high regard. The City of Harvard continually strives to reduce such risks and insists that all participants follow safety rules and instructions designed to protect the participants' safety. However, participants and parents/guardians of minors must recognize that there is an inherent risk of injury when choosing to participate in recreational activities/programs.

Parent/Guardian Name _____

Phone Number _____

Program Name: _____

You are solely responsible for determining if you or your minor child/ward are physically fit and/or skilled for the programs/activities contemplated by this agreement. All City of Harvard Parks & Recreation activities, including but not limited to basketball open gym, basketball league, swimming, tumbling, tennis lessons, cheerleading camp, and basketball camp, will hereinafter be collectively referred to as programs/activities. It is always advisable, especially if the participant is pregnant, disabled in any way, or has recently suffered an illness, injury, or impairment, to consult a physician before undertaking any physical activity.

WARNING OF RISK

Recreational programs/activities are intended to challenge and engage the physical, mental, and emotional resources of each participant. Despite careful and proper preparation, instruction, medical advice, conditioning, and equipment, there is still a risk of serious injury when participating in any recreational program/activity. Understandably, not all hazards and dangers can be foreseen. Depending on the program/activity, participants must understand that certain risks, dangers, and injuries due to inclement weather, slipping, falling, poor skill level or conditioning, carelessness, horseplay, unsportsmanlike conduct, premises defects, inadequate or defective equipment, inadequate supervision, instruction, or officiating, and all other circumstances inherent to indoor and outdoor recreational programs/activities exist. In this regard, it must be recognized that it is impossible for the City of Harvard to guarantee absolute safety.

WAIVER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK

Please read this form carefully and be aware that in signing up and participating in City of Harvard Parks and Recreation programs/activities, you agree to the following:

I voluntarily agree to assume the full risk of any and all injuries, damages, or loss, regardless of severity, that my minor child/ward or I may sustain as a result of said participation. I further agree to waive and relinquish all claims I or my minor child/ward may have (accrue to me or my child/ward) as a result of participation in these programs/activities against the City of Harvard, including its officials, agents, volunteers, and employees (hereinafter collectively referred to as "The City of Harvard"). I do hereby fully release and forever discharge the City of Harvard from any and all claims for injuries, damages, or loss that my minor child/ward or I may have, which may accrue to me or my minor child/ward, arising out of, connected with, or in any way associated with these programs/activities.

I understand that by participating, all participants consent to photo images taken by Harvard Parks & Recreation staff during this activity to be used in any and all Harvard Parks and Recreation publications, websites, and social media. I understand that any email provided will be added to the City of Harvard email list for City of Harvard-related publications.

I have read and fully understand the above important information, warning of risk, the assumption of risk, and waiver and release of all claims. If registering online or via fax, your online or facsimile signature shall substitute for and have the same legal effect as an original form signature.

Participant's Name: _____ Email: _____

Address: _____ Phone Number: _____

City/State/Zip Code: _____

Parent/Guardian/Participant's Signature: _____ Date: _____

PARTICIPATION WILL BE DENIED

**If the signature of the adult participant or parent/guardian and date are not on this waiver.
For more information contact Supt. Ryan Knop at (815) 943-6468 or e-mail at knop@cityofharvard.org**

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Limber Life Fitness Class

Clase Especializada Que Se Enfoca en Flexibilidad y Movilidad

Días De La Semana: martes y viernes

Ubicación: Salón Comunitario del Ayuntamiento de Harvard

Horario de Clase: 9am - 10am

Sesiones de 4 Semanas

Sesión 3: Comienza el 30 de enero

Sesión 4: Comienza el 27 de febrero

¿QUIERES REGISTRARTE?

Solo Sesión 1 \$40 R / \$50 NR

Solo Sesión 2 \$40 R / \$50 NR

Ambas Sesiones \$70 R / \$90 NR



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