



# Fitness and Yoga

[www.churchvillereccouncil.org](http://www.churchvillereccouncil.org)

## Spring Session: January 6th - June 18th, 2020 (24 Weeks)

All classes are open for Teens - Adults. Fee is \$100.00 per class

Registration can be completed online until 1/5/20 (additional fee for online registration) at [www.churchvillereccouncil.org](http://www.churchvillereccouncil.org) or registrations can found at the Churchville Rec Center

### Aerobics with Muscle Toning

*Mondays and Wednesdays 9:00 am - 10:00 am  
(Level Building, 3023 Level Rd)*

Traditional body workout that will increase your energy levels and metabolism while decreasing stress and blood pressure. Please bring exercise mat, a towel and water.



### Yoga

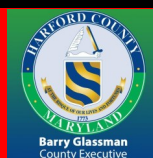
*Level 1 Monday/Wednesday 10:15 am - 11:15 am  
(Level Building, 3023 Level Rd)*

*Level 1 Monday/Wednesday 7:00 pm - 8:00pm  
(Mon- Level Building, 3023 Level Rd)  
(Wed- Churchville Elementary, 2935 Level Rd)*

*Level 2 Tuesday/Thursday 7:00 pm - 8:00pm  
(Level Building, 3023 Level Rd)*

Two different levels of Yoga programs are available, Level 1 is a gentle introduction into basic asana poses for those that are working on their abilities and with physical limitations. Level 2 is a more vigorous class, designed for individuals that have been practicing yoga regularly. For all classes please bring a mat and water.

For further details or questions, please reach out to program's volunteer chairs, Judy Matthews by e-mail at [Judith.m.matthews.civ@mail.mil](mailto:Judith.m.matthews.civ@mail.mil) or Bobbi Wolff by phone at 410-836-2724





## Churchville Rec Council (CRC) Registration Form

Program, Class, and Day/Time Registering For: Churchville Rec Fitness/Yoga- 2020 Spring Session

Please check all the sessions you are signing up for :

Aerobics Mon/Wed 9:00am-10:00am [ ]

Yoga I Mon/Wed 10:15am-11:30am [ ]

Yoga I Mon/Wed 7:00pm-8:00pm [ ]

Yoga II Tues/Thurs 7:00pm-8:00pm [ ]

Total Cost: \_\_\_\_\_ sessions X \$100.00 per session = \_\_\_\_\_

Checks can be made out to "Churchville Rec Council" and may be sent to the following address:

3023 Level Rd, Churchville MD 21028

### Section 1 - Participant Information

Participants/Child's Name: \_\_\_\_\_

Age: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Sex: M / F Phone Number: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_

E-mail: \_\_\_\_\_ Any Medical Conditions to be aware of? \_\_\_\_\_

### Section 2 – Parent/Guardian Information (Skip if Participant is over 18)

Parent/Guardian Name (1): \_\_\_\_\_

E-mail: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_

Parent/Guardian Name (2): \_\_\_\_\_

E-mail: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_

### Section 3 – Emergency Contact Information

Emergency Contact Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

E-mail: \_\_\_\_\_ Phone Number: \_\_\_\_\_

### Section 4 – Disclosure

#### RELEASE OF LIABILITY

I do hereby expressly agree to release Harford County, Maryland, a body corporate and politic of the State of Maryland, the Churchville Rec Council Inc. and its elected and appointed officials, agents, officers, and employees, from all liability arising from any harm or injury, including death, sustained by me while participating in this program. I understand that there is an inherent risk involved in any program. I certify, by my signature, that I understand this and agree. I also certify that my child is physically capable of participating. I will make the instructors aware of any allergies and/or medical problems. By my signature I acknowledge my understanding of the Concussion Information, SB771/HB858, which requires that all parents/guardians and athletes be made aware of the dangers a concussion may have on an athlete. This can be found at the Center for Disease Control, [www.cdc.gov/headsup/youthsports/index.html](http://www.cdc.gov/headsup/youthsports/index.html) Also the Sudden Cardiac Arrest, HB 427, which requires that all parents and athletes be made aware of the dangers that sudden cardiac arrest may have on an athlete, found at [www.nhlbi.nih.gov/health/health-topics/topics/scda](http://www.nhlbi.nih.gov/health/health-topics/topics/scda) Further information can be found by calling 1-800-232-4636.

Participant/Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

I give permission for photos to be taken and used for publicity purposes by the Churchville Rec Council : YES\_\_\_\_ NO\_\_\_\_

**Additional Information Required on Reverse**



# CHURCHVILLE RECREATION COUNCIL

2012 EXCELLENCE IN YOUTH SPORTS AWARD WINNER

## Code of Conduct-Participant/Parent

The Recreation council is committed to providing the citizens of Harford County with quality recreational opportunities in a safe and enjoyable environment. To fulfill this commitment, the Recreation Council has established a **Code of Conduct**. The Code requires that individuals, including but not limited to spectators, coaches, registrants, and volunteers in Recreation Council programs and activities, conduct themselves in a reasonable manner.

Individuals may lose the right to participate in programs and activities for any of the following:

- 1) Failure to abide by program rules as established by the Recreation Council.
- 2) Failure to comply with the direction given by Recreation Council representatives in the performance of their duties.
- 3) Misuse, destruction, damage or theft of Recreation Council property, or the property of others.
- 4) Indecent or obscene conduct, including profanity.
- 5) Any action, which, in the judgment of the Recreation Council, places oneself or others at risk. This includes, but is not limited to, physical and/or verbal abuse, intimidation, and coercion, inciting others to violence or disruption, and sexual harassment. Sexual harassment includes, but is not limited to, the following: verbal or physical sexual advances, including pressure for sexual activity; unwelcome sexually motivated touching, pinching, patting or intentional brushing against; verbal harassment or abuse; and remarks or gestures of a sexual nature.
- 6) Possession, use or distribution of weapons, instruments used as weapons, fireworks or explosives.
- 7) Possession, use or distribution of alcohol (except by special permit), tobacco products, e-cigarettes, or controlled dangerous substances.
- 8) Any action that disrupts or obstructs participation in a Recreation Council program or activity.
- 9) Any action that constitutes a violation of local, state, or federal law.

Violations of the Code of Conduct may result in disciplinary action including, but not limited to, the following:

- 1) Verbal warning.
- 2) Limited suspension from programs and activities.
- 3) Permanent expulsion from programs and activities.

An individual may face permanent expulsion without verbal warning and/or suspension if, in the judgment of the Recreation Council, the violation is significant enough to warrant such action.

PARTICIPANT'S SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

Or if participant is a minor

PARENT'S SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

### Program Use Only

Payment Amount: \_\_\_\_\_ Cash    Check # \_\_\_\_\_

Information Verified By: \_\_\_\_\_