

Riverdale Recreation Program: Intro to Yoga Series

Student Information

Registrants Name: _____ Date of Birth: _____

Does the student have any barriers we should be aware of? If so, please explain below:

Guardian Information (if Applicable)

Parent/Guardian Name: _____ Number _____

Parent/Guardian Email: _____

Emergency Contact Name & Number: _____

Program Information

Date: October 1, 6, 8, and 13th

Time: Tuesdays (7pm – 8pm), Thursdays (10am – 11am)

Location: Riverdale Community Centre, Redfern Hall

Cost: Tuesday Classes Only: \$25

Thursday Classes Only: \$25

Tuesday & Thursday Classes: \$40

About: This yoga class is designed for all bodies and all levels. It is a Vinyasa flow class that connects mindful movement with breath work to help you find balance in both body and mind.

Payment Information

Payment must be made prior to program start

RRC will accept cash, cheque (payable to “Riverdale Recreation Commission”) or,

E-Transfer - send to: recreation@riverdalemb.ca with password: recreation

Medical Release

I hereby state that the above applicant has no physical or mental conditions that prohibit participation in the program. I also understand that it is my responsibility to inform the Riverdale Recreation Commission (RRC) in writing of any physical or mental conditions that the staff should be aware of in dealing with enrollee during activities and/or in case of emergency. Staff accept no liability for failure to inform them of any conditions or limitations. I am fully aware of and understand the risk, including the risk of catastrophic injury, paralysis, and even death, as well as other losses associated with participation in the program. I understand that the above conditions and risk and enroll the above-named person at his/her/my own risk. I hereby indemnify and hold RRC staff and instructors, harmless from and against any and all risk and liability assumed by or on behalf of the student, excepting them from acts of gross negligence by RRC's Staff.

Name & Signature: _____

Date: _____

OFFICE USE ONLY: Payment has been made in the form of a:

Chq: _____ Cash: _____ EFT: _____ Receipt Issued: Y or N