



Zumba Registration Form-Session 4

Are you looking for a fun exercise that will give you a healthier lifestyle? If so, Zumba is for you! Zumba is an exhilarating, effective, easy-to-follow, low-impact calorie-burning dance fitness exercise that's moving millions of people toward joy and health. This class is taught by Becky Donovan (rebecca-donovan@uiowa.edu; 319-621-0691) through the Solon Parks and Rec Dept.

When: Tuesday and Thursday evenings from 6:30-7:30 pm; Saturday afternoons from 2-3 pm

Days of Zumba Class: 2/21, 2/23, 2/25, 2/28, 3/2, 3/4, 3/7, 3/9, 3/21, 3/23, 3/25, 3/28, 3/30, 4/1

Where: Solon City Hall council chambers

Fee: \$50 – City Resident (buys a 10-punch card good for all adult activities) **Drop-in Fee:** \$10 per class
\$60 – Non Resident (buys a 10-punch card good for all adult activities)

Equipment Required: Good supportive athletic shoes and comfortable clothing

Registration Deadline: February 21, 2017

Please make checks payable to the "City of Solon". Registration forms with check can be mailed or returned to Solon City Hall, 101 N. Iowa St. Solon, IA 52333. For further information or questions contact Mike Reeve @ mike.reeve@solon-iowa.com

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ZUMBA 2017 Session 4 REGISTRATION/WAIVER FORM

First Name: _____ Last Name: _____ Age: _____

E-mail(s): _____

Cell Phone _____ Home Phone (only if different than cell number): _____

Address: _____ City: _____ Zip: _____

Insurance Waiver: I understand that the City of Solon and the instructor provides no insurance coverage for medical costs and other damages arising out of any participation in the Solon Recreation Zumba Program. Any insurance or liability coverage will be furnished by the undersigned. I do hereby give authorization and consent to participate in Zumba as a part of the Solon Recreation Program.

List any physical disabilities, allergies or restrictions:

Signature: _____ Date: _____

Parent/Guardian Signature (only sign if participant is less than 18 years old): _____

Photo Disclaimer: I, _____ hereby consent to City of Solon employees taking photos of myself and/or my child/ward in connection with recreational activities sponsored by the City and further consent to the City using these photos on the City's social media or other promotional activities.