

T'ai Chi Ch'uan is an ancient system of exercise, meditation, and self-defense. The form uses slow, fluid movements to relax both body and mind. The practice of T'ai Chi is said to give one the strength of a lumberjack, the suppleness of an infant, and the wisdom of a sage.



Health Benefits Include:

- *improved balance*
- *increased flexibility*
- *greater endurance*
- *mental focus*
- *stronger immune system*
- *increased bone mass*
- *reduced stress*

Silk Tiger School of T'ai Chi Ch'uan
Eric Reiss, Chief Instructor – Certified by National
T'ai Chi Ch'uan Association, Los Angeles, CA
For more information,
call Eric at 336-449-3284 or visit:
www.silktigertaichi.info



Summer Special!!!

Members: \$30 ♦ Non-members: \$45

Monday & Wednesday, 12:30 – 1:25
Group Exercise Studio

Classes are ongoing ♦ Join the program at any time

For Office Use: 05WELTAICHI

YMCA Mission: To put Judeo-Christian principles into practice through programs that build a healthy spirit, mind, and body for all.



T'ai Chi Registration and Waiver

Spears Family YMCA

Full Name _____

Age _____ Date of Birth _____

Address _____

City _____ State _____ Zip _____

Phone # _____ E-mail Address _____

In an emergency please contact _____

Name _____ Relationship _____ Phone _____

RELEASE AND WAIVER OF LEGAL LIABILITY

THIS IS YOUR RELEASE AND WAIVER OF LIABILITY (the "Release"). You individually and/or on behalf of any minor child, release the YMCA of Greensboro, Inc., its officers, directors, board members, employees, volunteers, agents, independent contractors, other participants and/or others acting on its behalf (collectively, "YMCA"). You agree that this Release is effective immediately.

This is important to you and/or any minor children, so do not sign until you have had your questions answered. You provide this Release freely, and without duress under the following terms:

- 1) **GENERAL RELEASE:** I hereby agree for myself and/or my child and our respective heirs, assigns and legal representatives, to indemnify, defend and hold YMCA and its officers, directors, board members, employees, volunteers, agents, independent contractors and other participants ("Releases") in the program harmless from any and all claim and causes of action of any nature for any and all personal injury or illness, including death, which may occur to me and/or my child or which may be aggravated during or by any activity during the course of the program in which I have decide to allow myself and/or my child to engage. I further waive any and all claims or causes of action, which I and/or my child may now or hereafter have against Releases which may at any time arise as a result of any act or thing occurring in or arising out of my and/or my child's participation in the program. I further expressly understand and agree the foregoing indemnity, release and waiver is intended to be as broad and inclusive as permitted by the law of the State of North Carolina and that any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full force and effect.
- 2) **ASSUMPTION OF RISK:** I, individually and/or on behalf of any minor child, expressly and specifically assume any and all risk of injury, illness, death, or property damage resulting from my YMCA activities. You assume the risks: I, individually and on behalf of my minor child, understand that YMCA activities are strenuous and dangerous and should be engaged in only by persons in good health. I understand that I should consult a physician before enrolling myself and/or my child in the YMCA program. Once you sign, you are saying that you understand the risks involved and accept all of the risks.
- 3) **MEDICAL RELEASE:** I, individually and/or on behalf of any minor child, further hereby release YMCA from any claim whatsoever which may arise as a result of any first aid, treatment, or services or assistance provided to me in connection with any injury that arises from activities at YMCA. A) I take full responsibility for my and my child(s) welfare and safety on or at YMCA activities. B) I hereby give permission for emergency medical treatment to be administered as deemed appropriate.
- 4) **INSURANCE:** YOU ARE EXPECTED TO HAVE YOUR OWN HEALTH INSURANCE. You should understand that the YMCA does not carry insurance to cover injuries and losses that may befall you.
- 5) **PHOTOGRAPHIC RELEASE:** I consent to be photographed and to allow YMCA's use of any photos of myself and/or my minor child at its sole discretion.

HAVING READ, UNDERSTOOD, AND AGREED WITH THESE TERMS, I HAVE EXECUTED THIS RELEASE, TO BE EFFECTIVE IMMEDIATELY.

Applicant or Parent/Legal Guardian Signature _____

Date _____