



PALMYRA COMMUNITY CENTER'S

201-2019

Stability Ball Class Registration
Alice Daskewich, NETA Certified

**Starting Thursday Morning October 4th
10:00 AM – 11:00 AM
At the Palmyra Community Center**

Cost: \$5.00 Per Class
FREE to Silver Sneakers & Silver-N- Fit Members
(Registration Forms Are Available @ the PCC)
(Students must provide their ball, weights & aerobics mat)

REGISTRATION FORM

Name _____ Phone Home _____
Address _____ Phone Work _____
_____ email _____
Emergency Contact _____ Phone # _____

The Palmyra Community Center has established the following policy: I acknowledge that participants in this program involve risk of injury, and I assume that risk. I understand that the Village & Town of Palmyra and Palmyra Community Center do not provide medical or health related expense reimbursement for injuries sustained by participants. Any expense should be submitted to you medical carrier. This program involves physical activity, and I further acknowledge that I am fully capable of performing the activities required. I agree to hold the Village & Town and Palmyra Community Center harmless from and against and all liability, loss, damages, claims, or actions (including costs and attorneys fees) for bodily injury or property damage to the extent permitted by law. Your signature informs us that you have read and understand this information.

Registration form covers the time period of 6/01/2018 thru 05/31/2019

Signature _____

Date _____

MUST PRE-REGISTER FOR ALL PCC CLASSES

Please make checks payable to P.C.C., PO Box 404, Palmyra, NY 14522