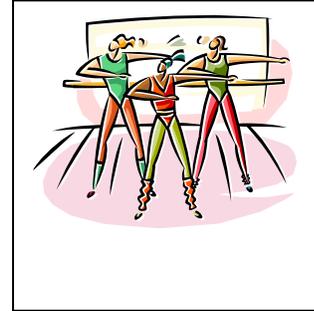


Portland Parks & Recreation

P.O. Box 71
Portland, CT 06480
860-342-6757
860-342-6763 Fax



FALL ZUMBA!



Zumba is an
exhilarating,

effective, easy-to-follow, Latin-inspired, calorie-burning
dance fitness-party that's moving millions of people toward
joy & health!

FREE Class on Sept. 7th!!!

Day: Wednesdays

10-Week Session

Dates: Sept. 14 to Nov. 16

Instructor: **Val Swiantek**

Site: **BIS Gym**

Time: 6:15 to 7:15 p.m.

Resident: pre-registered \$50

Drop-In: \$7 per class

Please enter & depart through side gym door only, thank you

Parks & Recreation Hot Line for updates & Cancellations: 860-262-7234

ZUMBA*ZUMBA*ZUMBA*ZUMBA*ZUMBA

ADULT FITNESS INFORMATION WAIVER

PORTLAND PARKS AND RECREATION

Po Box 71, 265 Main Street, Portland, CT 06480 Phone: 342-6757 Fax: 342-6763

www.portlandct.org

Participant's Name: _____ Phone Number: _____

Street Address _____ Apt. # _____ Town: _____ Zip Code: _____

Emergency Contact (If Desired): _____

Home Phone # _____ Work Phone: _____ Cell Phone # _____

In case of an emergency, may we transport via ambulance? Please circle: Yes No

	<u>Program(s)</u>	<u>Date & Time</u>	<u>Fee</u>
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____

TOTAL _____

I hereby agree to hold harmless the Town of Portland and its agents for any accidental injury caused by participation in any Town of Portland sponsored activities. In signing this form, it is understood that Portland Parks and Recreation Department and the Town of Portland **DO NOT** assume responsibility for accidents and the participant(s) agree(s) to abide by all rules and regulations set by the Portland Parks and Recreation Department.

(Print Name)

(Signature)

(Date)