



Program / Activity Registration & Release Form

January – February 2017

Session Dates: January 9 through March 3



OFFICE USE ONLY: 2017 Health Form on File? YES NO

REC 1 TRANSACTION # _____

Questions? Call Park Place at 678-512-3430 or Email: ParkPlace@JohnsCreekGA.gov

NAME: _____ ADDRESS: _____ CITY: _____ ZIP: _____ DOB: ____/____/____
mo day year
PHONE: _____ EMAIL: _____

SILVER SNEAKERS / FLEX FITNESS PROGRAMS

Intro to Yoga – Check payable to Cheryl Butler

- Monday 9:45 am 6-week session \$0/Flex-eligible_ \$30/non-eligible
- Thursday 10 am 8-week session \$0/Flex-eligible_ \$40/non-eligible

Strength & Balance – Tues payable: Susan Frenzel, Mon &Thu: payable Cheryl Butler

- Monday 9:15-9:45 6-week session \$0/Flex-eligible_ \$18/non-eligible
- Tuesday 9:15 am 8-week session \$0/Flex-eligible_ \$40/non-eligible
- Thursday 9:15 am 8-week session \$0/Flex-eligible_ \$40/non-eligible

Pilates Stretch – Check payable to Susan Frenzel

- Tuesday 10:15 am 8-week session \$0/Flex-eligible_ \$40/non-eligible

Cardio 20/Strength 20/Balance 20 – Check payable to Cheryl Butler

- Friday 9:15am 8-week session \$0/Flex-eligible_ \$40/non-eligible

Zumba Gold – Mon. class payable to Judy Leet, Fri class payable to Nicole Penson

- Monday (Judy) 10:30 am 6-week session \$0/Flex-eligible_ \$30/non-eligible
- Wednesday (Judy) 10:30 am 8-week session \$0/Flex-eligible_ \$40/non-eligible
- Friday (Nicole) 10:30 am 8-week session \$0/Flex-eligible_ \$40/non-eligible

Zumba Gold Chair – Check payable to Judy Leet

- Wednesday 11:15-12 noon 8-week session \$0/Flex-eligible_ \$24/non-eligible

TRAINING PROGRAMS

AARP Driver Safety – Check payable to: "AARP" (Please bring a bag lunch)

- Tuesday, February 7 9am - 3:30 pm \$15/AARP-Member_ \$20/Non-Member

FEE BASED FITNESS

Gentle Yoga & Meditation – Check payable to Lindy Kesler

- Monday 2:30pm 6-week session \$60
- Thursday 2:30pm 8-week session \$80

Tai Chi "26-Step Form" – Check payable to Miriam Holland

- Monday 1:30 pm 6-week session \$60

INSTRUCTIONAL ACTIVITIES

Hands-On Cooking Workshops - Check payable to: Custom Gourmet Solutions

- Tuesday, Jan 17 11am New Year, New You! \$10
- Tuesday, Feb 21 11am Heart Healthy Pressure Cooking \$10

Hands-On Art Workshops – Check payable to: JCAC

- Saturday, Jan 21 9:30 am Acrylic painting \$10
- Thursday, Jan 26 2:00 pm Mixed Media \$10
- Saturday, Feb 18 9:30 am Acrylic painting \$10
- Thursday, Feb 23 2:00 pm Mixed Media \$10

Park Place Social Singers – check payable to Tom Yackley

- Tuesday 10:30 am 8-week session \$24

Please read the following and sign below:

I/We, the below participant(s) and/or spouse and/or parents/guardians of the above participant(s), do hereby consent to my/our/his/her participation in the above Program including all activities incidental to the Program. I/We assume all responsibilities for, and risk and hazards of, participation in the Program, including transportation to and from all activities in the Program/ In consideration of being allowed to participate in the Program, I/We hereby release and forever discharge the City of Johns Creek, the City of Johns Creek Recreation & Parks Division, and their respective officials, officers, employees, sponsors, organizers, supervisors, volunteer, participants and agents, from any and all claims, actions or causes of action of whatever kind and nature, including claims for property damage, bodily injury or death, arising out of, or sustained as result of, my/our/his/her participation in the Program and all activities incidental to the Program. I hereby give the City of Johns Creek ("City") permission to take photographs of me or photographs in which I may be involved with others without compensation to me. These photographs may be used by the City for promotional and information purposes in print, on the City website and in other media.

Participant Signature _____

Date _____

GENERAL REGISTRATION INFO

- Park Place programs and activities are designed for Johns Creek residents aged 62 and older.
- Johns Creek residents will be given first priority for all programs. If additional registration is needed to reach the minimum number of participants or to achieve a more enriching experience for Johns Creek residents, registration may be opened for non-resident Park Place guests.
- All participants must complete a registration form and sign the program waiver.
- All program/class fees shall be submitted to the Park Place front desk for processing.
- Refund requests should be made directly to your instructor.
- Programs or classes may be cancelled if the minimum number of participants is not met.
- To ensure the quality of our programs and classes, a maximum number of participants per class may be established.