



Advance Physical Therapy

CERTIFIED POSTURAL RESTORATION CENTER

77 SOUTH ELLIOTT ROAD, CHAPEL HILL, NC 27514 PHONE 919.932.7266 FAX 919.932.7250

Tai Chi for Health Enrollment and Waiver Form

Participant Name _____ Phone _____

Address _____

Email address _____ Emergency Contact Name _____

Emergency Contact Phone _____

I would like to receive updates regarding any class changes and/or cancellations via email: YES NO

PROGRAM GUIDELINES

Tai Chi for Health Classes (hereafter referred to as “class” or “classes” or “workshop”) include in-person classes and online classes via ZOOM. Classes are intended for persons who are medically fit, independently mobile, and can participate without assistance. Any participant questioning whether they are medically fit to attend the class should first seek medical clearance from their doctor. Classes are scheduled for 60 minutes. Participants are encouraged to rest as needed, and to work within their own comfort at all times. Participants are should participate in gentle warm-up and cooling-down exercises before and after class. A certified instructor will conduct the class. The Tai Chi exercise in this program would be similar to walking in terms of physical exertion.

ACKNOWLEDGEMENT OF PERSONAL RESPONSIBILITY/WAIVER

I have read and understand the Program Guidelines. I understand that there is inherent risk in exercise activities. In consideration for admission to this class, I hereby: (a) accept full responsibility for, and assume the risk of any injuries sustained because of, my participation in this class or practice of Tai Chi; (b) release and hold harmless Joanne Marshall, the instructor, and Advance Physical Therapy for any liabilities, injuries and expenses which may arise as a result of participation in this class, practice of, or lessons involving Tai Chi. I know of no medical reasons why I should not participate in this class or workshop. I understand that, if I do have any medical reasons why I should not participate in this class, it is my responsibility to obtain a clearance from my doctor before commencing and notify the instructor and Advance Physical Therapy.

PACKAGE & CLASS DETAILS

Tai Chi Class Passes expire 3 months from date of purchase. In-person classes are limited to 12 participants and priority is given on a first-come, first-serve basis. Classes are formed based on the number of enrolled participants. Therefore, all Class Passes are non-transferable and non-refundable under any circumstances, including, but not limited to changes in medical status.

★ During the COVID-19 Pandemic, Tai Chi for Health is being offered for a suggested donation of \$9 per class. However, no payment is required.

If I am unable to complete the series of classes, I acknowledge that there will be no refunds issued, regardless of the circumstance. Initial Here _____

Participant Signature _____ Date _____