



Winter Yoga Flow



****Fundamentals of yoga will be introduced through repetition of exercises****

****Students are encouraged to learn movement variations appropriate to individual body and skill level****

****Participants should wear comfortable clothing for freedom of movement****

****Yoga mat, block, and strap, available at the studio****

Class Registration *(please complete all blocks)*

Student's Name: _____ Birthdate: _____

Address: _____ City: _____ Zip: _____

Phone Number: _____ Email Address: _____

Allergies/Special needs or concerns we should be aware of: _____

Alternate/Emergency Contact Name: _____ Phone Number: _____

Winter Yoga Flow

Wednesdays: January 10/17/24/31 ~ February 07/14/21/28 ~ March 06/13

Yoga Flow	Drop-In Rate	Yoga Set
Wednesdays 5:30 PM to 6:30 PM	Wednesdays 5:30 PM to 6:30 PM	Mat, Blocks, Strap & Bag
\$60 –10 classes	\$7 per class	\$28 (includes tax)

Please bring completed form and tuition to the first class.

Cash, check or credit cards are accepted. If you wish to pay by credit card, please contact the Director.

**** Make checks payable to [Wisconsin Ballet Academy](#) ****

COVID-19 Precautions

We continue to monitor Wisconsin Levels – [Here](#)

Studio will be cleaned between classes and ventilated for fresh air circulation.

Masks are not required but highly suggested.

Please use self-awareness; if you do not feel well, please do not attend class.

I state that I have read, understand & agree to the terms of this agreement. By signing this document, I agree that I am the responsible party for payment on this account and I have read and understand the RELEASE, INDEMNIFICATION AND HOLD HARMLESS AGREEMENT on page 2.

Signature: _____ Date: _____

Wisconsin Ballet Academy, LLC
RELEASE, INDEMNIFICATION AND HOLD HARMLESS AGREEMENT

In consideration of participating in instructional **ballet, tap, jazz, modern, yoga, ballroom, creative movement, and dance related activities**; classes, rehearsals, and programs, and for other good and valuable consideration, I hereby agree to release and discharge from liability arising from negligence the **WISCONSIN BALLET ACADEMY, LLC (WBA)** and its owners, directors, officers employees, agents, volunteers, participants, and all other persons or entities acting for them (hereinafter collectively referred to as "Releasees"), on behalf of myself and my children, parents, heirs, assigns, personal representative and estate, and also agree as follows:

1. I acknowledge that ballet, other styles of dance, exercise, and dance related activities involve known and unanticipated risks which could result in physical or emotional injury, paralysis or permanent disability, death, and property damage. Risks include, but are not limited to, musculoskeletal injuries, broken bones, and/or overuse injuries, injuries caused by equipment that breaks or otherwise fails; death as a result of medical conditions resulting from physical activity; and damaged clothing or other property. I understand such risks simply cannot be eliminated, despite the use of safety equipment, without jeopardizing the essential qualities of the activity.

2. I acknowledge participation includes possible exposure to and illness from infectious diseases including but not limited to MRSA, Influenza, and COVID-19. While particular rules and personal discipline may reduce this risk, I voluntarily assume the risk that my child(ren) and I may be exposed to contagious infectious diseases by attending WBA and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by an infectious disease at WBA may result from the actions, omissions, or negligence of myself and others, including, but not limited to, WBA employees, volunteers, and program participants and their families.

3. I expressly accept and assume all of the risks inherent in this activity or that might have been caused by the negligence of the Releasees. My participation in this activity is purely voluntary and I elect to participate despite the risks. In addition, if at any time I believe that event conditions are unsafe or that I am unable to participate due to physical or medical conditions, then I will immediately discontinue participation.

4. I hereby voluntarily release, forever discharge, and agree to indemnify and hold harmless Releasees from any and all claims, demands, or causes of action which are in any way connected with my participation in this activity, or my use of their equipment or facilities, arising from negligence. This release does not apply to claims arising from intentional conduct. Should Releasees or anyone acting on their behalf be required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify and hold them harmless for all such fees and costs.

5. I represent that I have adequate insurance to cover any injury or damage I may suffer or cause while participating in this activity, or else I agree to bear the costs of such injury or damage myself. I further represent that I have no medical or physical condition which could interfere with my safety in this activity, or else I am willing to assume and bear the costs of all risks that may be created, directly or indirectly, by any such condition.

6. In the event that I file a lawsuit, I agree to do so solely in the state where Releasees' facility is located, and I further agree that the substantive law of that state shall apply.

7. I agree that if any portion of this agreement is found to be void or unenforceable, the remaining portions shall remain in full force and effect.

By signing this document, I agree that if I am hurt, exposed to or infected by a contagious disease(s) or my property is damaged during my participation in this activity, then I may be found by a court of law to have waived my right to maintain a lawsuit against the parties being released on the basis of any claim for negligence.

I have had sufficient time to read this entire document and, should I choose to do so, consult with legal counsel prior to signing. Also, I understand that this activity might not be made available to me or that the cost to engage in this activity would be significantly greater if I were to choose not to sign this release, and agree that the opportunity to participate at the stated cost in return for the execution of this release is a reasonable bargain. **I have read and understood this document and I agree to be bound by its terms.**

Signature _____ Print Name _____
Address _____ City _____ State _____ Zip _____
Telephone (Home) _____ (Cell) _____ Date _____

PARENT OR GUARDIAN ADDITIONAL AGREEMENT
(Must be completed for participants under the age of 18)

In consideration of _____ (**PRINT MINOR'S NAME**) being permitted to participate in this activity, I further agree to indemnify and hold harmless Releasees from any claims alleging negligence which are brought by or on behalf of minor or are in any way connected with such participation by minor.

Parent or Guardian Signature: _____ Print Name _____ Date _____

(If notarization is necessary, please sign & stamp this side of form.)