

Feb. 21–May 8, 2020 T'ai Chi



T'ai chi is a non-competitive, self-paced, Chinese martial art that is low impact and puts minimal stress on muscles and joints, T'ai chi is safe for all ages and fitness levels and is especially suitable for older adults. Please let the instructor know about your limitations and any pain, inflammation or injury you are experiencing.

Instructor Eric Newdom: Eric is a t'ai chi and fitness instructor and a certified massage therapist. In addition to teaching for Chevy Chase At Home, Eric is a manager and teacher at TrueBody Bethesda.

REGISTRATION

Please register at least one week prior to class start, so we will have an accurate enrollment count.

Note: Drop-ins are welcome on a space available basis. Drop-in charge is <u>\$20.</u>

Please check the category that describes your membership/affiliate status:

CC Village Resident or CC@H Member/ Associate/Friend (\$120)	T'ai Chi
or	Fridays, 11:00 am-12:00 pm Feb. 21–May 8, 2020 (12-week session)
community member (\$144)	

Name

Telephone

Street

E-mail

City, State, Zip Code

Please deliver 1) check payable to "Chevy Chase At Home," 2) this completed Registration Form and 3) your <u>signed</u> Waiver & Release (below) as follows:

- CC Village Residents drop off atCC Village Hall
- all other registrants mail toChevy Chase At Home Or, P.O. Box 15102, Chevy Chase, MD 20825 scan and email toinfo@chevychaseathome.org

Questions? Email: info@chevychaseathome.org, or call 301-657-3115

Waiver and Release

In consideration of being permitted to participate in the following course/activity, sponsored by Chevy Chase Village and provided through Chevy Chase At Home: T'ai Chi,

- 1. I recognize that Chevy Chase Village is not responsible for the content or teaching of this course/activity and makes no warranties, and specifically disclaims any warranties, with respect thereto.
- 2. I am participating in the course/activity upon the express agreement and understanding that I am hereby waiving and releasing Chevy Chase Village, its officers, managers, employees and agents from any and all claims, costs, liabilities, expenses or judgments including attorneys' fees and court costs (herein, collectively referred to as "claims") arising out of my participation in the aforesaid course/activity and any illness injury or death resulting therefrom, and hereby agree to indemnify and hold harmless Chevy Chase Village, its officers, managers, employees and agents from and against all such claims except claims proximately caused by the gross negligence or willful misconduct of Chevy Chase Village.
- 3. I am over the age of eighteen years and competent to enter into this waiver and release. I hereby execute and deliver this waiver and release voluntarily and with full understanding of the contents and consequences thereof and to induce Chevy Chase Village to permit me to participate in the program at Chevy Chase Village Hall.

Signature of Participant	Printed Name		Date
Street		Email Address	
City, State, Zip Code		Home/Cell/Work Telephone Numbers	