

CURRENT RHYTHMS A PLACE FOR MOVEMENT



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INFORMED CONSENT WAIVER

I/we have enrolled in a program of physical exercise, including, but not limited to stretching and executing various dance and yoga movements, of which include, but are not limited to kicks, rolls, and jumps, offered at CURRENT RHYTHMS, A PLACE FOR MOVEMENT DANCE STUDIO. I affirm that I/we am/are in good physical condition and do not suffer from any disability which would prevent or limit my/our participation in this dance or yoga program.

In consideration of my/our participation in CURRENT RHYTHMS' & Sista Sista's dance and yoga program, I/we agree to hereby release CURRENT RHYTHMS & Sista Sista from any claims, demands, and causes of action arising from my/our participation in the dance and yoga program, including its teachers, dancers and facilities used for the dance or yoga program. By signing this release form, I/we (participant & parent/guardian, if under 21) assume all risks related to the use of any and all spaces used by CURRENT RHYTHMS & Sista Sista's dance or yoga programs. Furthermore, I/we agree to take full responsibility for my/our behavior in addition to any damage I/we may cause to the facilities utilized by CURRENT RHYTHMS & Sista Sista's dance or yoga programs.

I/we fully understand that I/we may injure myself/ourselves as a result of my/our participation in CURRENT RHYTHMS' & Sista Sista's dance and yoga program and I/we hereby release CURRENT RHYTHMS & Sista Sista from any liability now or in the future, including but not limited to muscle strains, joint sprains, pulls or tears, broken bones, shin splints, knee/lower back/foot injuries and any other illness, soreness or injury however caused, occurring during, or after my/our participation in the dance and yoga program.

I/we affirm that I/we have read and fully understand the above.

Student's Signature

Date

Parent/Guardian Signature (if student is under 21)

Date