

In Case of Emergency Information

name of contact & relationship

phone

email



REGISTRATION *form*

name _____

phone _____

email _____

membership expiry date _____
check date on your Vista label

✓ Your check list:

- completed Registration Form
- credit card numbers or individual cheques (one cheque for each program, each session, and each person)
- membership renewed to end of program (check date on your Vista label) Registrants with credit card numbers will be renewed automatically. Separate cheque required for membership.
- completed In Case of Emergency (ICE) form (ALL registrants)
- completed Medical Release form (for exercise, fitness or sports registrants)

notes

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Register for both Session 1 and 2 to ensure you remain in the program throughout the term. If you register for only Session 1 now, Session 2 fees are due by November 20.

program _____

day _____ time _____

cost _____ session 1 session 2

program _____

day _____ time _____

cost _____ session 1 session 2

program _____

day _____ time _____

cost _____ session 1 session 2

program _____

day _____ time _____

cost _____ session 1 session 2

program _____

day _____ time _____

cost _____ session 1 session 2

program _____

day _____ time _____

cost _____ session 1 session 2

program _____

day _____ time _____

cost _____ session 1 session 2

Payment Method (Please Circle)

Credit Card Cheque Cash

Visa MC other _____

credit card # _____

expiry date _____

OFFICE USE ONLY

registrant _____

initial date/time

registration _____

prog. dept. _____

F Y I . . .

PROGRAMS

- are open only to members of the Seniors Association unless otherwise noted. Membership must be current throughout the length of the program.
- are filled on a first-come basis
- have minimum and maximum numbers of participants. A waiting list is generated when a class reaches its maximum
- are subject to change. If a program or session is not listed, it is not offered this term.
- Advanced level programs have prerequisites or require the permission of the instructor. Contact the Programs Department for permission from the instructor. Email programs@seniorskingston.ca.

REQUIRED FORMS

Registration Form – complete **all details**

In Case of Emergency information – completed by **all** registrants.

Medical Release – completed when registering for an exercise, fitness, or sport program.

REFUND POLICY

Refunds are given **ONLY** for medical or compassionate reasons, or if the session has not yet started.

- Refunds will be prorated according to the number of classes left at the time of the request.
- Refunds issued by:
 1. Credit Note (no administrative fee)
 2. Cheque (\$10 administrative fee)

CANCELLATIONS

Programs may be cancelled or shortened due to low registration, illness of the instructor/facilitator, inclement weather, etc. We will try to make up missed time but no guarantees can be made. In the event that a make-class cannot be delivered **no credit or refund will be provided.**

Facilitator

An individual who leads and coordinates program activities and is available for guidance and expertise.

Instructor

An individual who develops and teaches program content.

MEDICAL RELEASE

for *exercise, fitness & sports*

All our programs are led by qualified instructors, who are experienced and/or educated in fitness for seniors. Programs are not intended as therapy or rehabilitation for seniors with medical conditions or mobility problems. However, many common health problems experienced by seniors are helped by regular, moderate exercise.

The Seniors Association advises all participants in exercise, fitness & sport programs to discuss their participation with their family doctors. This is particularly important if you have any chronic conditions such as high blood pressure, heart or lung disease, osteoporosis, diabetes or painful joints.

DECLARATION:

I have read the descriptions of the Seniors Association exercise, fitness & sport programs for which I am registering and acknowledge that I have been advised to consult with my doctor about my participation in these classes.

name (please PRINT):

signature

date

Doctor's signature NOT required.

A **MEDICAL RELEASE FORM** *must* be completed **when** registering for an exercise, fitness or sport program.

Additional Registration forms are available online or at The Seniors Centre.

Terms

Prerequisite

A course or experience that is required for admission to an advanced level program.

Rendezvous

A program that provides an opportunity for people to gather in a social setting to share expertise and support on a subject of common interest.