



# South Dundas Recreation Fall 2021 Fitness Programs

In-Person

Online

Drop In

**Name of Participant:**

**Gender:** Male Female Other **Age:** **Date of Birth**

**Parent/Guardian:**

**Address:**

**Postal Code:**

**Email:**

**Phone (H):**

**Phone (C):**

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**Emergency Contact:**

**Relationship to Participant:**

**Phone (H):**

**Phone (C):**

**Participant Medical Information (Please list and explain any health conditions or allergies which staff should be aware of):**

***Please Note: We will require proof of two-dose vaccination for COVID-19 for any in person fitness classes as per Eastern Ontario Health Unit Standards (EOHU). Please bring proof of vaccination and personal ID to each class.***

As of September 22, 2021, Ontarians will need to be fully vaccinated (two doses plus 14 days) and provide their proof of vaccination along with photo ID to access certain public settings and facilities. This approach focuses on higher-risk indoor public settings where face coverings cannot always be worn and includes:

- Facilities used for sports and fitness activities and personal fitness training, such as gyms, fitness, and recreational facilities except for youth recreational sport.

At this time programs on the 3rd floor at the Municipal Centre will only be accessible by Elevator as per COVID 19 Protocols. Mask wearing in hallways and public spaces and social distancing is required at all facilities. Please do not attend if you are sick, have flu like symptoms or have been in contact with someone has a confirmed case of COVID-19 in the last 14 days.

**Payment Information/Options:**

Cheque

Interac

Cash

# Fall 2021 Fitness Programs

No Classes on November 11, 2021

(Prices include HST)

<b>H.I.I.T.</b>				
	Matilda Hall	Mondays (Oct 4-Dec 13)	7:00 pm-8:00 pm	\$74.60
	Iroquois Civic Centre	Wednesdays (Oct 6-Dec 15)	7:00 pm-8:00 pm	\$74.60
	Matilda Hall	Thursdays (Oct 7-Dec 16)	7:00 pm-8:00 pm	\$74.60
	Municipal Centre	Saturday (Oct 9-Dec 18)	9:00 am-10:00 am	\$74.60
<b>Kickboxing</b>				
	Municipal Centre	Mondays (Oct 4-Dec 13)	6:00 pm-7:00 pm	\$74.60
	Municipal Centre	Wednesdays (Oct 6-Dec 15)	6:00 pm-7:00 pm	\$74.60
<b>Boot Camp</b>				
	Municipal Centre	Mondays (Oct 4-Dec 13)	7:00 pm-8:00 pm	\$74.60
	Municipal Centre	Wednesdays (Oct 6-Dec 15)	7:00 pm-8:00 pm	\$74.60
	Municipal Centre	Thursdays (Oct 7-Dec 16)	6:00 pm-7:00 pm	\$74.60
<b>Chair Yoga (Online Optional)</b>				
	Municipal Centre	Tuesdays (Nov 2-Dec 14)	9:00am-10:00am	\$63.30
	Municipal Centre	Thursdays (Nov 4-Dec 15)	9:00am-10:00am	\$54.25
<b>Hatha Yoga (Online Optional)</b>				
	Municipal Centre	Tuesdays (Nov 2-Dec 14)	10:30am-11:30am	\$63.30
	Municipal Centre	Tuesdays (Nov 2-Dec 14)	6:30pm-7:30pm	\$63.30
	Municipal Centre	Thursdays (Nov 4-Dec 15)	10:30am-11:30am	\$54.25
<b>Senior Fitness (NEW!) *This is a volunteer run program</b>				
	Iroquois Civic Centre	Tuesdays (Oct 5-Dec 14)	12:00pm-1:00pm	FREE
	Iroquois Civic Centre	Thursdays (Oct 7-Dec 16)	12:00pm-1:00pm	FREE
<b>Learning Technology for Older Adults</b>				
	Municipal Centre	Apple Users Mondays (Oct 4-Nov 29)	10:00am-11:30am	\$22.60
	Municipal Centre	Android Users Fridays (Oct 8-Nov 26)	10:00am-11:30am	\$22.60

**Yoga Classes** - Please indicate if you will be attending Online or in-person.

**New\* Senior Fitness Program** - This free program incorporates exercises for balance, strength, and endurance with emphasis on correct posture and tightened core. This objective of this class is to keep you moving by exercising while standing, sitting and/or both. There will be an emphasis on knowing one's limitations while having fun and keeping all your joints and muscles moving.

**WAIVER AND RELEASE OF LIABILITY**

In consideration of being allowed to participate in any way in Municipal Programming and related events of the Municipality of South Dundas, the undersigned acknowledges, appreciates, and agrees that:

- 1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce the risk, the risk of serious injury does exist; and,
- 2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or other, and assume full responsibility for me participation; and,
- 3. I willingly agree to comply with the states customary terms and conditions for participation. If however I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official, instructor, or staff immediately; and,
- 4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HERE BY RELEASE AND HOLD HARMLESS THE MUNICIPALITY OF SOUTH DUNDAS, their officials, instructors, staff, employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct the event ("Releases"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER CAUSED BY NEGLIGENCE OF THE RELEASEES OR OTHERWISE.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERTSAND ITS TERMS, UNDERTSAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING ITS, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

PARTICIPANTS SIGNATURE

Date Signed

WITNESS

*FOR PARTICIPANTS OF MINORITY AGE  
(UNDER AGE 18 AT TIME OF REGISTRATION)*

PARENT/ GUARDIAN SIGNATURE

EMERGENCY PHONE NUMBER

Date Signed:

WITNESS



## **MUNICIPALITY OF SOUTH DUNDAS**

34 Ottawa Street, P.O. Box 740  
Morrisburg ON K0C 1X0  
613.543.2673 | [southdundas.com](http://southdundas.com)

### **PARTICIPATION CONSENT FORM AND RELEASE OF LIABILITY**

I hereby grant permission to the Municipality of South Dundas and its representatives to photograph, video record, and otherwise capture my image, and to make recordings of my voice digitally or otherwise.

I further grant to the Municipality of South Dundas and its representatives the right to reproduce, use, exhibit, display, broadcast and distribute these images and recordings in any media now known or later developed for promoting, publicizing or explaining the Municipality of South Dundas and its activities and for administrative, educational or research purposes. Photographs, video images and voice recordings are the property of the Municipality of South Dundas.

I knowingly and freely assume all risks, both known and unknown, even if arising from the negligence of the releasees or others and assume full responsibility for my participation.

I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, hereby release and hold harmless the Municipality of South Dundas, their officers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event, with respect to any and all injury, disability, death, or loss or damage to person or property, whether caused by the negligence of the releasees or otherwise.

I have read this release of liability and assumption of risk agreement, fully understand its terms, understand that I have given up substantial rights by signing it, and sign it freely and voluntarily without any inducement.

First and Last Name (Print)

Date Signed

Signature (if 18 years of age or older)

**For Participants of Minority Age**

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above.

First and Last Name of Parent/Guardian (if subject under the age of 18)

Date

Signature of Parent/Guardian

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I hereby grant permission to the Municipality of South Dundas to use my name with these images and recordings.

Date

Signature  
(Parent/Guardian if subject under the age of 18)

**Notice of Collection:** Personal information, as defined by the Municipal Freedom of Information and Protection of Privacy Act (MFIPPA), including (but not limited to), name, address, opinions and comments, is collected under the authority of the Municipal Act, 2001, and in accordance with MFIPPA, the Planning Act, and all other relevant legislation.

Your personal information may be used in making future decisions on our programs and services. Questions regarding the collection, use, and disclosure of this personal information may be directed to the Director of Corporate Services/Clerk at 613-543-2673.