Adapted Recreation STANSA FINESS

Zumba is a high-energy, cardio workout that incorporates unique moves with upbeat Latin and international music. This class is designed for **ALL EXPERIENCE LEVELS** and helps you reach healthy goals by using easy-to-follow dance steps in a fun environment!

This class is designed for individuals with developmental disabilities. Individuals must be independently mobile to participate. Those needing extra supervision must provide his or her own aide.

<u>Space is limited so please register in advance</u>. Register online at www.tempe.gov/brochure or in person at the Pyle Center (655 E. Southern Ave.) or Recreation office (2nd floor of Tempe Public Library). Call Josh Bell at 480.858.2469 for more information.



Tuesdays, 3:45 - 4:30pm For ages 13+ years

March 29 - May 24

Fee: \$18

Reg. code: 48437

Class takes place at Pyle Adult Recreation Center 655 E. Southern Ave., Tempe



City of Tempe Adapted Recreation • 3500 S. Rural Rd., Tempe, AZ 85282 • Phone: 480-858-2469 Visit www.tempe.gov/adaptedrecreation for more information on Adapted Rec programs!

Class Registration, 3500 S Rural Rd, Tempe, AZ 85282 Information 480-350-5200 Fax 480-350-5058



Program Registration Form Please print.

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Registration Request >> Ma	ark box if	f Course # is alte	rnate ch	oice.						
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■ With knowledge and appreciation of the risk of i	njury, I wis				sume the risk	of personal injury while	participating.			
■ I understand the City of Tempe does not carry accident, sickness, or medical insurance for participants. ■ I understand that all reasonable efforts will be extended to insure my health and safety.										
■ If the Class/Activity includes any physical exertion, I agree to perform the exercise at my own ability level.										
■ I fully understand the nature of this Class/Activity, and I waive and release and hold harmless the City of Tempe and any of its agents, employees, officers, council members, and sponsors for any and all rights and claims for damages or costs I may have against the City of Tempe, its agents, employees, officers, council										
members, and sponsors for personal injury, d Class/Activity.	members, and sponsors for personal injury, death, or property damage suffered by me, or that I may cause to others, as a result of my participation in this									
■ I agree, without any right of payment or of editing, to the use of images of me and/or my children, including reproductions of photos, video, film, audio or other										
reproductions, by the City of Tempe for dissemination in all types of media for public relations purposes. I agree to look to my private physician for medical advice and care and to notify my teacher or instructor of any physical limitations I might have or modifications I might need to the Class/Activity. I will require the following accommodation to participate:										
I have read and clearly understand the above s I sign it of my own free will.	tatements	. I realize this is a c	ontract bet	ween myself and the	City of Temp	e and is a release of Lial	bility.			
Signature of Participant					[Date				

(Parent or Guardian if Participant is under 18)