



Churchville Recreation Council's

Fall Fitness Classes

The Churchville Recreation Council invites you to our Fall Fitness session which meets two days/evenings a week.

Fall Session Runs September 5th – December 21st, 2017
Open for teens through adults; fee: \$80 per person

AEROBICS WITH MUSCLE TONING

Enjoy a traditional body workout that will increase your energy levels and metabolism, decrease your stress level and lower your blood pressure. This aerobics class will work every major muscle group in the lower body and will train the upper body. Please bring exercise mat, hand held weights, a towel and water.

Mondays & Wednesdays, 9:00-10:00 a.m. at Churchville Rec. Center, Level Building

YOGA LEVEL I

A beginner level class that will introduce basic asana poses in a gentle manner. This class is for those unrolling mats for the first time, those fairly new to yoga and those with physical limitations. Bring a mat, a large towel or small blanket and water.

Mondays & Wednesdays, 10:15-11:15 a.m. at Churchville Rec. Center, Level Building

OR

***Mondays & Wednesdays 7:00-8:00 p.m. at Churchville Rec. Center, Level Building (Mondays)
and Churchville Elementary School (Wednesdays)***

YOGA LEVEL II

A more vigorous class that will deepen and fine tune basic asana poses and explore more advanced poses. This class is for those who have attended several yoga classes. Bring a mat, a large towel or small blanket and water.

Tuesdays & Tuesdays, 7:00-8:00 p.m. at Churchville Rec. Center, Level Building

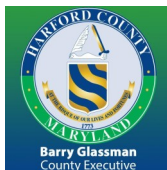
Fitness Chairpersons

Judy Matthews

judith.m.matthews.civ@mail.mil

Bobbi Wolff

410-836-2724



Barry Glassman

Harford County Executive

Preserving Harford's Past; Promoting Harford's Future

Harford County Parks & Recreation
Churchville Recreation Office-Level
3023 Level Road
Churchville, MD 21028
Phone: 410-638-4345

Churchville Rec Council (CRC) Registration Form

Program Registering For: _____

Section 1 - Participant Information

Participants/Child's Name: _____

Age: _____ Birthdate: _____ Sex: M / F

Address: _____ City: _____ State: _____

Any Medical Conditions to be aware of? _____

Section 2 – Parent/Guardian Information (Skip if Participant is over 18)

If a minor, Parent/Guardian Name (1): _____

E-mail: _____ Phone Number: _____

Address: _____ City: _____ State: _____

If a minor, Parent/Guardian Name (2): _____

E-mail: _____ Phone Number: _____

Address: _____ City: _____ State: _____

Section 3 – Emergency Contact Information

Emergency Contact Name: _____ Relationship: _____

E-mail: _____ Phone Number: _____

Section 4 – Volunteer Opportunities *All volunteers must complete a background check, found at <https://opportunities.avery.com/Application.aspx?oid=2457>*

Are you interested in serving as a volunteer: YES / NO Position: _____

Name: _____

E-mail: _____ Phone Number: _____

Section 5 – Recreation Council Information

Has this participant taken part in another Churchville Rec Program? Y / N

If so which program and when? : _____

Section 6 – Disclosure

RELEASE OF LIABILITY

I do hereby expressly agree to release Harford County, Maryland, a body corporate and politic of the State of Maryland, the Churchville Rec Council Inc. and its elected and appointed officials, agents, officers, and employees, from all liability arising from any harm or injury, including death, sustained by me while participating in this program. I understand that there is an inherent risk involved in any program. I certify, by my signature, that I understand this and agree. I also certify that my child is physically capable of participating. I will make the instructors aware of any allergies and/or medical problems. By my signature I acknowledge my understanding of the Concussion Information, SB771/HB858, which requires that all parents/guardians and athletes be made aware of the dangers a concussion may have on an athlete. This can be found at the Center for Disease Control, www.cdc.gov/headsup/youthsports/index.html Also the Sudden Cardiac Arrest, HB 427, which requires that all parents and athletes be made aware of the dangers that sudden cardiac arrest may have on an athlete, found at www.nhlbi.nih.gov/health/health-topics/topics/scda Further information on both can be found by calling 1-800-232-4636.

Participant/Parent/Guardian Signature: _____ Date: _____

Program Use Only

Payment Amount: _____ Cash Check # _____

Information Verified By: _____



CHURCHVILLE RECREATION COUNCIL

2012 EXCELLENCE IN YOUTH SPORTS AWARD WINNER

Code of Conduct-Participant/Parent

The Recreation council is committed to providing the citizens of Harford County with quality recreational opportunities in a safe and enjoyable environment. To fulfill this commitment, the Recreation Council has established a **Code of Conduct**. The Code requires that individuals, including but not limited to spectators, coaches, registrants, and volunteers in Recreation Council programs and activities, conduct themselves in a reasonable manner.

Individuals may lose the right to participate in programs and activities for any of the following:

- 1) Failure to abide by program rules as established by the Recreation Council.
- 2) Failure to comply with the direction given by Recreation Council representatives in the performance of their duties.
- 3) Misuse, destruction, damage or theft of Recreation Council property, or the property of others.
- 4) Indecent or obscene conduct, including profanity.
- 5) Any action, which, in the judgment of the Recreation Council, places oneself or others at risk. This includes, but is not limited to, physical and/or verbal abuse, intimidation, and coercion, inciting others to violence or disruption, and sexual harassment. Sexual harassment includes, but is not limited to, the following: verbal or physical sexual advances, including pressure for sexual activity; unwelcome sexually motivated touching, pinching, patting or intentional brushing against; verbal harassment or abuse; and remarks or gestures of a sexual nature.
- 6) Possession, use or distribution of weapons, instruments used as weapons, fireworks or explosives.
- 7) Possession, use or distribution of alcohol (except by special permit), tobacco products, e-cigarettes, or controlled dangerous substances.
- 8) Any action that disrupts or obstructs participation in a Recreation Council program or activity.
- 9) Any action that constitutes a violation of local, state, or federal law.

Violations of the Code of Conduct may result in disciplinary action including, but not limited to, the following:

- 1) Verbal warning.
- 2) Limited suspension from programs and activities.
- 3) Permanent expulsion from programs and activities.

An individual may face permanent expulsion without verbal warning and/or suspension if, in the judgment of the Recreation Council, the violation is significant enough to warrant such action.

PARTICIPANT'S SIGNATURE _____ DATE _____

Or if participant is a minor

PARENT'S SIGNATURE _____ DATE _____