

Tai Chi Monday/Wednesday



Activity # 222901-12

(Senior Citizens + Adults 18 & Older)

TAI CHI is the wonderful Chinese art of balance. Through Tai Chi we work the energy of the body to reduce stress, depression, blood pressure, and our heart rate while improving our breathing, flexibility, mobility, balance, strength, circulation, posture, concentration, memory, and mental outlook. The system of moving postures improves the functioning of our joints, our immune system, and all the main systems of our bodies for vitality and longevity.

Tai Chi is done slowly and smoothly without the jumping and jarring impact of other exercise. *Tai Chi does not include any exercises which require getting down on the floor.*

WHAT TO WEAR? Loose fitting clothes that allow a full range of movement and comfortable shoes that provide stability.

CLASS DATES: May 3 – 26, 2021

All classes will meet on Mondays/ Wednesdays, 12:00 p.m. – 1:00 p.m. at the Marshall Center Bandroom, (8800 Courthouse Road, Spotsylvania, Va. 22553).

FEE:

\$30 Res/\$40 Non Res. \$10/class DROP IN. Make checks payable to: "Treasurer, Spotsylvania County."

INSTRUCTOR: Marti Wilson, Certified Tai Chi Instructor

REGISTRATION PERIOD: April 5 – 23, 2021

Complete the registration form and return it, along with the fee, to the Parks and Recreation Department. The fee is \$30 County/\$40 Non County for the series of 4 classes for each month. There is a **minimum of 4 Pre-registered students** needed to conduct the class, and **20 students maximum**. Class is open on a first come, first serve basis or until full. Make checks payable to: "**Treasurer, Spotsylvania County**". **\$50 fee will be charged on all returned checks. There will be an additional \$10 charged on all late registrations. 2.75 % NON-REFUNDABLE CONVENIENCE FEE CHARGED ON ALL CREDIT/DEBIT CARD TRANSACTIONS.**

★ **ON - LINE REGISTRATION** at <http://www.spotsylvania.va.us/parksandrec>.

(A Household waiver is needed if one is not already on file with the department.)

Withdrawals: Those wishing to withdraw from the class must do so by contacting the Spotsylvania Parks and Recreation Department one week prior to the start of the program. Individuals should follow up their verbal cancellation request with a written refund request. A 20% administrative fee will be charged on all refunds. Failure to attend class does not constitute a proper withdrawal and the participant will not receive a refund.

=====

SPOTSYLVANIA PARKS AND RECREATION DEPARTMENT
TAI CHI Seniors Activity # 222901-12

Name _____

Address _____ E-Mail _____

City _____ State _____ Zip _____

Primary Phone _____ Secondary Phone _____

Release of Claims:

I, the undersigned, do agree to indemnify and hold harmless Spotsylvania County, and the officers, employees, and agents thereof, from any and all claims or liability including attorney's fees and costs for any personal injury or other damage suffered as a result of participating in the Tai Chi Program. I understand that if I withdraw from the program, I must do so one week prior to the start of the class by putting my refund request in writing. A 20% administrative fee will be charged on all refunds.

Signature _____ Date _____

\$30 Resident/ \$40 Non-Residents. Make checks payable to: "Treasurer, Spotsylvania County."

COVID-19 AGREEMENT (PLEASE READ CAREFULLY AND INITIAL):

Activities will resume under guidance from the Commonwealth of Virginia and Spotsylvania County officials. Please note that classes, programs, facility rentals, special events and sports may be delayed, postponed, or cancelled if at any time new guidance is issued at the state or local level regarding the COVID-19 virus. _____ (primary guardian initials)

I understand that the above listed participant will not be able to participate if they are experiencing any of the following: cough, shortness of breath, fever or chills, sore throat, muscle aches, headache, or new loss of smell or taste. _____ (primary