



I am signing up myself to attend **Beginning Belly Dance** at the North Valley Public Library.

I acknowledge, as is the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated. I understand that I should discontinue the activity if I feel tired, pain, or discomfort.

I understand that it is my responsibility to consult with a physician prior to signing up to participate in **Beginning Belly Dance**. You represent and warrant that you are physically fit and have no medical conditions that would prevent you from participation in this program.

You agree to assume full responsibility for any risks, injuries or damages, known or unknown, which might incur as a result of participating in this program.

You voluntarily waive any claim you might have against North Valley Public Library for injury or damages you might sustain as a result of participating in this program.

You and your heirs or legal representatives forever release, waive, discharge and covenant not to sue North Valley Public Library for any injury or death caused by their negligence or other acts.

Name (printed): _____

Address (address): _____

Signature: _____

Date: