

JCC MEMBER WAIVER & INFORMATION SHEET

(Parent or guardian must sign for minors under 18 years of age.)

(Please Print Legibly)

Today's Date: _____

Name: _____

Home Phone: _____

Name of Spouse Listed on Your Membership (if applicable): _____

Name of Dependents Listed on Your Membership (if applicable):

	First Name	Last Name	Age
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____

Person to Contact in case of Emergency:

Name _____ Home Phone _____ Work Phone _____

Relationship _____

The undersigned hereby agrees to indemnify and hold harmless, the Jewish Community Center, its agents, and independent contractors from and against any and all claims, damages and expenses arising out of any damages, bodily injury, sickness or death resulting from use of this facility and/or participation in any activity in the Jewish Community Center's Family Sport and Fitness Center.

I understand that there are risks associated with physical activity, including but not limited to musculoskeletal injuries, abnormal blood pressure, fainting, irregular fast or slow heart rhythms, and in rare instances, heart attack, stroke or death. I understand that should I have any known medical condition, that it is my responsibility to consult with a physician before beginning an physical exercise program, and I acknowledge that by signing below, I am taking full responsibility for my health should I choose not to consult a practitioner.

I understand that as a member of this facility it is my responsibility to abide by all the rules of the facility and carefully use the equipment within. I assume the responsibility of any and all injuries that might occur as a result of using the equipment improperly, or failing to check the stabilization of the equipment prior to use. Personal trainers are available by appointment. Members are highly advised to take advantage of 1 free orientation session within the first month of their membership. The JCC recommends that all members use the trainers to minimize possible injuries, and/or complication.

I have read and agree with the preceding paragraphs as acknowledged by my signature.

Signature: _____ Date: _____

Parent's Signature (if under 18 years): _____ Date: _____

Over →

How did you hear about the JCC Family Sports and Fitness Center? (Please check all that apply)

- Existing JCC Member / Existing JCC Employee: Whom _____
- Friend / Relative: Whom _____
- Newspaper: Source _____
- Literature: Source _____
- Medical Professional: Whom _____
- Employer/Corporate: Whom _____
- Radio/Television Ad: Station _____
- Other: _____

New Member Privileges

As a JCC Full Fitness Member, you are entitled to one free one hour fitness orientation session with our Sport and Fitness Director. During this time, a health assessment will be taken and any concerns or limitations you may have will be discussed. You will go through some basic goal setting, nutrition counseling, and a basic exercise program will be outlined. Based on your goals and past history, you will be put through a light workout; all focused on helping you achieve your goals. If desired, you will be familiarized with the cardiovascular and strength training equipment and equipment settings will be determined according to your body size. Learn about all that the fitness center has to offer, and how to utilize all aspects of the health club to help you reach your goals.

We strongly recommend that all new members take advantage of this session, **ideally during the first month of membership**. Research has shown that people who meet with a trainer within the first 3 days of joining a gym, have more success and stay around longer. We want you to be able to get the most out of your time here. Let our training staff show you how!

New members also receive a designated number of free guest passes when signing up for membership. Members must accompany guests during their visit and passes must be presented at the time of visit.

For further information on JCC Family Sports & Fitness Center policies, please refer to your membership manual.

I have read and agree with the above statements. I also acknowledge that I have received _____ number of free guest passes and that I have received a JCC Family Sports and Fitness Center Membership Manual.

Signature _____ Date _____

Parent's Signature (if under 18 years) _____ Date _____