

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 a 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 two (2) free orientation sessions within the first month of their membership. The JCC recommends that all members use the trainers to minimize possible injuries, and/or complications.

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

Signature: _____ **Date:** _____

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

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 orientation session with a personal trainer. During this time, a health inventory will be taken and any concerns or limitations you may have will be discussed. You will be familiarized with the cardiovascular and strength training equipment and equipment settings will be determined according to your body size. A personal file with your work out sheet will be created and stored in the fitness room.

You are also entitled to one free half hour assessment*. The assessment will include testing for body composition, flexibility, strength, muscular endurance, balance and cardiovascular fitness. In addition, anthropometric calculations will be taken by measuring girth for the chest, waist, hips, upper arm, thigh and calf.

We strongly recommend that all new members take advantage of these sessions. **Both the orientation and the assessment must be scheduled during the first month of membership.** It is the responsibility of each member to schedule these appointments by contacting the fitness front desk. Orientation sessions not scheduled in this time frame and sessions not rescheduled or canceled 24 hours in advance will result in forfeiture of the session.

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** _____

*All new members with less than a one year membership (student semester, trial membership, etc.) and all staff memberships receive only the one hour orientation session.