

# “Get Back in Shape”

## Intensive Stretch and Conditioning Classes in August Tuesdays, Wednesdays and Thursdays in Studio B!

(August 9, 10, 11, 16, 17, 18, 23, 24 and 25 from 5:30-6:30 pm)

We are excited to announce that Danscott Studio will be offering stretch and conditioning classes to assist your dancer with the summer “blahs” and make the transition back into their September dance schedule a little easier. These classes will concentrate on intensive stretching for all muscle groups and also strengthening exercises for a dancer’s core. The teachers will also touch upon exercises for the upper body. We feel that this will be a wonderful opportunity for students to kick start their season and get back in shape. Dancers can pre-register for the entire program or just drop-in when possible. Check the information below and register for the package price by sending your form to the mailing address as noted.

**\*\*To be eligible for these classes, dancer’s must be 10 years of age and older. Class size will be monitored by Danscott Studio teachers.**

### FEE SCHEDULE:

Package Price for all 9 classes: \$81.00 (includes GST)

Drop in rate: \$12.00/ class (includes GST)

(The drop in fee must be paid directly to the teacher at the time of participation.)

Please make all cheques payable to Danscott Studio Corporation.

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### “Get Back in Shape” Registration Form

Registrant’s Name and Age: \_\_\_\_\_

Email Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Alt. Phone: \_\_\_\_\_

Fee attached for package price: \_\_\_\_\_

Please complete this form, sign the waiver on the next page, include payment and mail to: 65 Somme Manor SW, Calgary, Alberta, T2T 6J3. Refunds will NOT be issued to any student for missed classes or withdrawals from classes unless accompanied by a doctor’s certificate. Registration can be confirmed or questions answered by emailing [gail\\_scott@shaw.ca](mailto:gail_scott@shaw.ca) Please note that waivers must also be signed and submitted by drop in students at the time of their participation.

**Waiver and Release Form for “Get Back in Shape”**

**WAIVER AND RELEASE:** I do hereby release, indemnify and hold harmless Danscott Studio Corporation, its employees, agents and instructors and Gail Scott from any claims of any nature, including claims for negligence and or breach of contract, which I or my child may have as a result of participation. I, as the parent / guardian, do recognize and acknowledge that dancing and dance related programs and any instruction involves inherent dangers, including injury. I and my child do hereby assume all risks and hazards incidental to this activity and hereby waive any and all claims that we may have against the aforementioned organizations and individuals. Payment of this fee is an acknowledgement of any and all risks involved in this activity and a waiver of any and all claims.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_