

## GENERAL LIABILITY & RELEASE FORM

Each student must have their **OWN INSURANCE CARRIER**, as Dynamix Dance Center will not be liable for any occurrence. All participants waive their rights for any legal action to be taken against Dynamix Dance Center and Dana Flok for any injury obtained through normal dance and fitness activity. I, (student or legal guardian, if under 18), \_\_\_\_\_, in full recognition and appreciation of the hazards and exposures involved, do hereby voluntarily agree to assume all of the risks and responsibilities involving my/my child's participation in the Dance/Fitness program(s) at Dynamix Dance Center for the 2009-2010 season. It is understood that some fitness classes and certain dance styles involve a cardiovascular workout which will increase heart rate. Any person who has heart problems, high blood pressure, asthma or related breathing difficulties, is pregnant, or any known medical conflicts should consult a physician before taking part in any activity. *By signing this waiver, it is known to the student and/or legal guardian that they are participating at their own risk.*

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(Printed student's name)

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(Home phone #)

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(Student's signature or legal guardian if under 18)

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(Today's Date)

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(Emergency Contact – please print)

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(Telephone #)