



# FREE

# 7-Day Trial

Be a part of your community fitness center!



RECREATION CENTER  
of HIGHLAND PARK

*A facility of the Park District of Highland Park*

1207 Park Avenue West  
Highland Park, Illinois 60035  
Phone: 847.579.4554

### Hours of Operation

Mon-Thu 5am-9:45pm  
Fri 5am-7:30pm  
Sat-Sun 6:30am-7:30pm

## TRY US OUT TODAY!

First-time users: Bring in this form for **One FREE Week** at the Recreation Center of Highland Park. Includes all Fitness Center amenities, Group Exercise classes, pool, and walking track.\*

\*Some restrictions apply. **First-time users only.**  
Participants must be 13 years or older.  
Cannot be combined with other offers.  
KidFit not included. Offer expires January 31, 2017.

## COME CHECK OUT WHAT'S NEW!

Your new Recreation Center now features an expanded fitness floor, new stretching area, relocated and new group exercise studio, new personal training studio, and updated fitness reception and lobby areas.

**The result, a new state-of-the-art Recreation Center of Highland Park!**

### PARTICIPANT INFORMATION

Name: \_\_\_\_\_

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

City/State/Zip \_\_\_\_\_

Phone: \_\_\_\_\_

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

DOB: \_\_\_\_\_

#### Emergency Contact:

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Relationship: \_\_\_\_\_

All participants must read and sign a waiver before participating in activities at the Recreation Center of Highland Park. Participants under the age of 18 must have a waiver signed by a parent or legal guardian. The Recreation Center of Highland Park may require verification of residency and/or date of birth to any participant prior to participating in activities. By signing the waiver the participant verifies that the above information is correct.

Participant's First & Last Name (Please Print) \_\_\_\_\_

Participant's Signature (18 years or older or Parent/Legal Guardian) \_\_\_\_\_

Date (M/D/Y) \_\_\_\_\_

**PARTICIPATION WILL BE DENIED**  
If the signature of adult participant or parent/legal guardian and date are not on this waiver.

**PARK DISTRICT OF HIGHLAND PARK  
RECREATION CENTER OF HIGHLAND PARK WAIVER & RELEASE**



RECREATION CENTER  
of HIGHLAND PARK

**IMPORTANT INFORMATION:** The Park District of Highland Park is committed to conducting its recreation programs and activities in a safe manner, providing safe aquatic facilities and programs, and holds the safety of participants in high regard. The Park District of Highland Park continually strives to reduce such risks and insists that all participants follow safety rules and instructions that are designed to protect the participant's safety. However, participants and parents/guardians of minors registering for this program must recognize that there is an inherent risk of injury when choosing to participate in recreational activities/programs.

You are solely responsible for determining if you or your minor child/ward are physically fit and/or adequately skilled for the activities contemplated by this agreement. It is always advisable, especially if the participant is pregnant, suffers from an underlining medical condition, takes medication, smokes cigarettes, has a family history of coronary disease, or has recently suffered an illness, injury or impairment, to consult a physician before undertaking any fitness center activity, or any physical/aquatic activity.

Please understand and recognize that lifeguards are not responsible for providing supervision or assessing your swimming skills or that of your minor child; rather, lifeguards are responsible for enforcing safety rules and responding to emergencies. Adult pool pass holders and parents of minor pool pass holders are solely responsible for supervision of any and all activities contemplated by this agreement. Additionally, children 10 years of age and younger must be supervised at all times by a responsible person, 16 years of age or older. **NEVER LEAVE ANY CHILD WITH POOR SWIMMING SKILLS OR 10 YEARS OF AGE AND YOUNGER UNACCOMPANIED BY A PARENT OR RESPONSIBLE PERSON, 16 YEARS OF AGE OR OLDER**

**WARNING OF RISK:** Aerobic and other fitness activities such as passive/resistive weight training, use of stair machines, jogging, free weights, and other training devices are intended to challenge and engage the physical, mental and emotional resources of the participant. Despite careful and proper preparation, instruction, medical advice, conditioning, and equipment, there is still a risk of serious injury. All hazards and dangers can not be foreseen. Depending on the particular activity, certain risks, dangers and injuries due to overexertion, improper technique, ignoring safety precautions, failing to follow instructions, slips and falls, unfamiliarity with the equipment and/or exercise, equipment failure, failure in supervision/instruction, premises defects and other risks inherent to the particular activity exist. In this regard, it is impossible for the Park District of Highland Park to guarantee absolute safety.

Dependent upon a person's physical condition, age and/or skill level, aerobics and fitness activities can involve a substantial risk of the following types of injuries. This list is by no means complete, but includes some of the more common ones:

1. Heart attack, stroke and circulatory problems
2. Bone and joint injuries
3. Back and neck injury
4. Shin splints
5. Muscle strain and other muscle injuries
6. Foot problems

Swimming and other aquatic activities challenge and engage the physical, mental and emotional resources of each participant. However, despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of serious injury, including but not limited to drowning, head/brain injury, and spinal cord injury. Understandably, not all hazards and dangers can be foreseen. The very nature of swimming and aquatic activities are hazardous and risky, including but not limited to fatigue and overexertion, poor swimming skills, failing to avoid dangerous areas, failing to follow rules and regulations, failure of lifeguards to locate victims and/or delay in emergency response time, horseplay, diving or cannon-balling into shallow water and striking the bottom or side of the pool or waterslide, inadequate supervision or instruction, lack of conditioning, becoming disoriented, striking other swimmers, striking one's head on the bottom, slip and falls on the deck or within the locker facility, chemical exposure and all other circumstances inherent to aquatic activities. In this regard, it must be recognized that it is impossible for the Park District to guarantee absolute safety.

**WAIVER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK:** Please read this form carefully and be aware that in signing up and participating in this program/activity, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with this program/activity (including transportation services and vehicle operations, when provided) and with the use of the Park District aquatic facilities and programs.

I recognize and acknowledge that there are certain risks of physical injury to participants in this program/activity and to patrons of aquatic facilities, and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that my minor child/ward or I may sustain as a result of participating in any and all activities and programs connected with or associated with this Pass. I agree to waive and relinquish all claims I or my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in this program/activity against the Park District of Highland Park, including its officials, agents, volunteers and employees. I further recognize and agree that lifeguards and other aquatic staff are not responsible for supervising my activities or the activities of my minor child(ren) and I agree that I am solely responsible for supervising my minor children and/or assessing whether my children are physically fit and/or adequately skilled for aquatic activities. I additionally agree to supervise any children ages 10 and under at all times. I further agree to waive and relinquish all claims I, or my minor child/ward may have (or accrue to me or my child/ward) as a result of use of the Park District's aquatic facilities and programs against the Park District, including its officials, agents, volunteers and employees (hereinafter collectively referred as "District"). I do hereby fully release and forever discharge the District from any and all claims for injuries, damages or loss that my minor child/ward or I may have or which may accrue to me or my minor child/ward and arising out of, connected with, or in any way associated with use of the Park District of Highland Park's aquatic facilities and programs.

**Special Accommodations ADA Information:** The Park District of Highland Park encourages participation by everyone! If you or a family member have special needs and would like to participate in a program, we will be happy to make reasonable modification(s) to meet your needs. Please indicate on the registration form if you would like information regarding our inclusion programs and/or specifically identifying any need for and request for reasonable modification according to the Americans with Disabilities Act. The Park District of Highland Park provides recreation opportunities for all residents of Highland Park. People with and without disabilities are encouraged and invited to register for all Park District of Highland Park programs of interest. People with disabilities will not be discriminated against in the delivery of Park District of Highland Park programs. To discuss our policies, programs or services or to raise a claim of discrimination on the basis of disability, contact our Executive Director at 847.831.3810.

**Residency Policy:** Recreation program residency rates apply to everyone who lives within Park District of Highland Park boundaries and pays Park District of Highland Park taxes including: residents of Fort Sheridan (60037); portions of the Town of Fort Sheridan that lie within Park District boundaries (60035); and Park District of Highland Park taxpayers who reside on the following Kings Cove (Deerfield) streets: Carriage Way, Bent Creek Ridge, Fox Hunt Trail, Millstone Road, Shag Bark Lane, Smoke Tree Road and Tanglewood Court. All other Deerfield street addresses and residents of Highwood do not pay Park District of Highland Park taxes and are, therefore, nonresidents of the Park District. Nonresidents pay an additional nonresident fee per program. Nonresident fees are the second fees shown in program descriptions.

**Photo & Video Policy:** Photos and video footage are periodically taken of participants in the facility, during a special event, or at the District's parks. Please be aware that, by signing this waiver and release you are authorizing the Park District to use these photos and video footage in the District's publications and website without your further permission and without any compensation to you. All photos are property of the Park District. Please call the Communications Office at 847.579.3136 for more information.

**I have read and fully understand the above important information, warning of risk, assumption of risk and waiver and release of all claims. If registering on-line or via fax, my on-line or facsimile signature shall substitute for and have the same legal effect as an original form signature.**