



## Chevy Chase Village Announces Classes for Winter 2023

Chevy Chase Village is pleased to announce the following classes that will be held in the Village Hall this winter. Please complete one registration form (reverse) along with a check **made payable to the instructor** for the fee as noted under the class description for each class and return to:

Chevy Chase Village, 5906 Connecticut Avenue, Chevy Chase, MD 20815

### Children's Classes

**Baby-Toddler Music Classes** (1-3 yrs.) 1/11-3/29

**Wednesdays:** 9:30 a.m. - 10:30 a.m.

**Wednesdays:** 10:30 a.m. - 11:30 a.m.

\$295 per 12-week session-Residents

\$370 per 12-week session-Non-residents

\*Above prices include a take home CD

Minimum enrollment: 5 students

Instructor: Ms. Rachel

*Make check payable to: Meadowlark Music*

#### COVID-19 Class Participation Requirements:

Parent/Caregivers must provide proof of full vaccination to the class instructor prior to entering the class. Masks may be required at the discretion of the instructor.

### Adult Class

**Pure Intensity** 1/2-2/27

This boot-camp style workout features strength, cardiovascular, core and flexibility training. Work every part of your body each week! All fitness levels welcome.

**Mondays, Wednesdays, Fridays:** 8:00 a.m. - 9:00 a.m.

\$100 per month (2-month session)-Residents\*

\$115 per month (2-month session)-Non-residents\*

Instructor: Sara Qureshi (sara@pureintensity.net)

Payable by cash or check (*make check payable to:*

**Sara Qureshi**) on the first day of class to this instructor **ONLY.**

\*\*Needed supplies: hand weights (5 to 8lb); water; mat/towel (thick mat is preferred, which can be purchased at any retailer that sells sports equipment); and fitness shoes.

***Registration Form and Liability Waiver and Release  
located on the reverse.***



**Chevy Chase Village  
2023 Winter Class Registration Form**

**Student's Name** \_\_\_\_\_

**Name of Parent/Guardian (if student is a minor)** \_\_\_\_\_

**Address** \_\_\_\_\_

**Telephone** \_\_\_\_\_

**Email** \_\_\_\_\_

**Class** \_\_\_\_\_

**Payment** \_\_\_\_\_

**Village Resident? Yes** \_\_\_ **No** \_\_\_



**Waiver of Liability and Release**

*Signature required for all classes!*



I, individually and/or as the parent/guardian of the minor child named above, recognize that Chevy Chase Village is not responsible for the content or teaching of this course/activity and makes no warranties, and specifically disclaims any warranties, with respect thereto.

I/my minor child, am participating in the course/activity upon the express agreement and understanding that I am hereby waiving and releasing Chevy Chase Village, its officers, managers, employees and agents from any and all claims, costs, liabilities, expenses or judgments including attorneys' fees and court costs (herein, collectively referred to as "claims") arising out of my or my child's participation in the aforesaid course/activity and any illness injury or death resulting therefrom, and hereby agree to indemnify and hold harmless Chevy Chase Village, its officers, managers, employees and agents from and against all such claims except claims proximately caused by the gross negligence or willful misconduct of Chevy Chase Village.

As a participant in any program or class offered at Chevy Chase Village, I, or my minor child, recognize and acknowledge that there are possible risks of physical injury, and I, or my minor child agree to assume the full risk of injuries, including death, damages or loss that I, or he/she may sustain as a result of participating in any activities connected or associated with such program or class.

I am over the age of eighteen years and competent to enter into this waiver and release. I hereby execute and deliver this waiver and release voluntarily and with full understanding of the contents and consequences thereof and to induce Chevy Chase Village to permit me, or my minor child to participate in the program at Chevy Chase Village Hall.

\_\_\_\_\_  
**Signature of Participant OR Participant/Guardian**

\_\_\_\_\_  
**Date**

For Office Use Only: Amount Received: _____ Date Received: _____ Received By: _____
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