

Intro toTai Chi-Bagua

Tai Chi is a slow-motion, moving, meditative exercise for relaxation, health and self defense. Bagua is an internal system related to Tai Chi with similar attributes developed on 'walking the circle' and a lineal 64 positions grouping at a natural walking pace. Ted Hillson has been instructing Tai Chi for over 30 years.

\$35 for six week session
Mondays 8 AM to 9:15 AM – McEuen Park Gazebo
Beginning June 6 – July 11

CLASS: ____CHILD
____ADULT

PARTICIPANT NAME_____PHONE_____

PARENT SIGNATURE _____ (If applicable)

ADDRESS_____CITY_____

EMAIL ADDRESS _____

I hereby agree and contract that I will abide by the rules of the Coeur d'Alene Recreation Department, its affiliated organizations and sponsors. Recognizing the possibility of physical injury associated with this activity, I hereby release, discharge, and/or otherwise indemnify the Coeur d'Alene Recreation Department, its affiliated organizations and sponsors, their employees and associated personnel, against any claim by or on my behalf as a result of my participation in the program.

AUTHORIZED SIGNATURE_____

CONSENT FOR MEDICAL TREATMENT (MINOR): As the parent or legal guardian of the above named participant, I hereby give my consent for emergency medical care prescribed by a duly licensed Doctor of Medicine or Doctor of Dentistry. This care may be given under whatever conditions are necessary to preserve the life, limb, or well being of my dependent.

AUTHORIZED SIGNATURE_____

Date: Paid _____ Cash _____ Check _____ Credit

Cut along dotted line

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