

# Upper Darby Recreation Woman's Kickboxing Registration Form

**\*\*Please return form to: Upper Darby Recreation, 1072 Pontiac Road, Drexel Hill, PA 19026 (610 789 3656)**

## PARTICIPANT INFORMATION:

Participant's Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_ Apt # \_\_\_\_\_

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

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

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_ Relationship: \_\_\_\_\_

Medical Problems \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Woman's Kickboxing is a great workout for anyone interested in improving their fitness & stamina. This class is flexible and adaptive so that it serves the needs of all participants - it will get beginners into shape & it will challenge advanced athletes. The class format integrates combinations of punches, kicks & heavy-bag work. Additional muscle and motion exercises are incorporated to strengthen and tone. You will have fun, reduce stress & get an awesome workout.

### Classes held at:

Cheng's Martial Arts School  
1720 S. State Road  
Upper Darby, PA 19082

Welcome to Adults of all levels  
Monday & Wednesday Evenings  
Monday's - September 16, 2019 - November 4, 2019  
Wednesday's - September 18, 2019 - November 6, 2019  
7:30pm-8:30pm  
\$70.00 per person  
Please wear comfortable clothing

**Please call  
Upper Darby Recreation  
with any questions.**



**Checks or Money Orders made out to "Upper Darby Recreation" are accepted.**  
**No cash payments will be accepted.**

### *Sponsored by:*

**Upper Darby Township**  
**Thomas N. Micozzie, Mayor**

**\*\*Please read, sign & date the back of this form\*\***



## REGISTRATION & REFUND POLICIES AND PROCEDURES

Using the registration form, you may register through the mail or in person at the Upper Darby Township Department of Recreation, 1072 Pontiac Road, Drexel Hill, PA 19026. The office is open Monday through Friday between the hours of 8:30am and 4:00pm. All registration forms must be filled out completely and signed by the parent/guardian of the participant under the age of 18 or the adult registering for the program. Payment in full is required before the start of any program.

**Payment Methods Accepted:** Money Order or Checks made payable to "Upper Darby Recreation" are acceptable methods of payment for camp programs. No cash or credit cards will be accepted.

**Program Confirmation:** Participants who register for a program will be sent a confirmation letter to the address provided on the registration form. If you do not receive a confirmation letter a week before the camp begins, please contact our office. 610-789-3656.

**Deadlines for Registration:** Please register early if you are interested in a program. Programs will be cancelled if not enough registrations are received. Registrations will continue until programs are filled or until the program begins.

**Canceled Programs/Refunds:** All recreation programs will take place, assuming minimum numbers of registrations are received. The Upper Darby Township Recreation Department reserves the right to cancel any program or any activity due to insufficient registrations. In this case, a full refund will be issued. You may cancel out of a program, but you must submit a refund request form to our department **3 weeks** prior to the start of a program in order to be considered for a refund. If participation is terminated for failure to follow rules of conduct, or for actions or conduct detrimental to or incompatible with the best interest of the program as a whole, the participant is not entitled to a refund.

**Personal Property:** Participant understands that any items that are brought into Upper Darby Recreation camp locations, (camera, MP3 player, cell phone, other personal electronics, jewelry etc.) are the responsibility of the participant, and Upper Darby Township/Upper Darby Recreation are in no way responsible for lost, missing, stolen or damaged items.

**Inclement Weather & Program Status:** Participants who register for an Upper Darby Recreation program will not be contacted in the event of inclement weather. Please contact the Upper Darby Recreation office if you have questions regarding program cancellations at 610-789-3656.

**Photographs/videos of participant:** By completing this registration form I am giving my permission for photographs/videos to be taken of the participant and used for publicity purposes.

**Insurance Information:** I understand that no health, medical, worker's compensation and/or accident insurance is provided for participants and I accept full responsibility for obtaining insurance. In the event I fail to obtain such insurance, I understand and acknowledge and that I accept full responsibility for payment of any and all expenses I may incur in the absence of such insurance.

I, the undersigned, understand & assume all of the risks of my participation in this program. I certify that I am in good health and I am able to attend and participate in this program and I hereby acknowledge that my participation may involve a risk and the possibility of injury, disability and/or death.

I agree that Upper Darby Township shall have the right at its discretion to enforce established rules of conduct and/or terminate my participation in this program for failure to follow these rules of conduct, or for actions or conduct detrimental to or incompatible with the welfare, comfort, harmony or interest of the program as a whole.

I hereby grant Upper Darby Township and any of its directors, officers, members, agents, and other representatives, full authority to take whatever action they consider to be warranted regarding my health & safety, and I fully release all of them from any liability for such actions taken on my behalf.

\_\_\_\_\_  
SIGNATURE OF PARTICIPANT

\_\_\_\_\_  
PRINTED NAME OF PARTICIPANT

\_\_\_\_\_  
DATE