

**SwimFit Water Aerobics**  
**At Gerald Johnson's pool, 305 S. Texas**  
**Or Beauregard Country Club, 295 Cecil Doyle Rd.**  
**Informed Consent/Waiver of Liability**

I, \_\_\_\_\_, have enrolled in a program of strenuous physical activity including, but not limited to, aerobic training, resistance training, deep- and shallow-water exercise, interval training, circuit training, and the use of various aerobic and conditioning machinery and free weights offered by SwimFit and /or exercise equipment owned by myself.

I hereby affirm that I am in good physical condition and do not suffer from any disability that would prevent or limit my participation in the exercise program.

In consideration of my participation in the SwimFit water aerobics program, I, \_\_\_\_\_, for myself, my heirs and assigns, hereby release Gerald Johnson, SwimFit, and Beauregard Country Club, its employees, owners, and subcontractors from any claims, demands, and causes of action arising from my participation in the exercise program.

I fully understand that I might injure myself as a result of my participation in the SwimFit exercise program and I, \_\_\_\_\_, hereby release Gerald Johnson, Beauregard Country Club, SwimFit exercise program, its employees and owners, from any liability now or in the future including, but not limited to heart attacks, muscle strains, pulls or tears, broken bones, shin splints, heat prostration, knee/lower back/ foot injuries, and any other illness, soreness, or injury, however caused, occurring during or after my participation in this exercise program.

I acknowledge that I have carefully read this waiver and release of liability. I understand that I am waiving a legal right to bring a legal action and to assert a claim against the trainer, instructor, or facility for negligence.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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

Email address: \_\_\_\_\_ Do you read your email? YES NO

Cell number: \_\_\_\_\_ May I add you to our group text? YES NO

I give SwimFit permission to use my name and image on fb and promotional material. \_\_\_\_\_

Have you signed up online at Swimfitderidder.com? YES NO

Have you paid the \$15 registration fee? YES NO

**PAYMENT OPTIONS:**

- Venmo @swimfitderidder
- Check or money order made out to SwimFit and mailed to 245 Bill White Rd. DeRidder 70634