



# Tai Chi for Health.....in Cheshire

## **OCTOBER - DECEMBER 2019** **ENROLMENT & WAIVER FORM - YANG STYLE** **SWORD FORM - 10 WEEK COURSE**

Print Name \_\_\_\_\_

Address \_\_\_\_\_

Preferred Telephone Number \_\_\_\_\_

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

*\*\* Only if you would like to be contacted and receive information applicable to classes via email.*

DAY	TIME	COM	VENUE	CLASS	PRICE	TICK
TUES	7:30 - 8:30 pm	1st Oct	Northwich and District Youth Centre, CW8 4DE	SWORD FORM	£70 * * Half price if attending two courses	
TUES	7:30 - 9:00 pm	1st Oct	Northwich and District Youth Centre, CW8 4DE	SWORD FORM 88 STEP YANG STYLE* <small>* Only open to 88 Step Yang Style Taijiquan Players</small>	£90	

### CLASS GUIDELINES

Classes are open to any suitable person, provided they are medically fit, are independently mobile and can participate without assistance in the class. Any participant who has any doubt whether they are medically fit to attend the class is required to have a check with their Doctor prior to commencing. Classes usually last for one hour. Participants are encouraged to work within their own comfort zone at all times. Participants are required to do warm up exercises and cool down exercises.

### ACKNOWLEDGEMENT OF PERSONAL RESPONSIBILITY

I have read the Class Guidelines and I understand that there is an inherent risk in any exercise activity and I agree to abide by the rule set out in the Guidelines and also the Terms and Conditions for Sword Training. I know of no medical reasons why I should not participate.

I understand that by signing this form, I am accepting full responsibility and will adhere to the above guidelines. I also confirm that I have read and agree to the Terms and Conditions for this Weapon Training.

Sign Name \_\_\_\_\_ Print Name \_\_\_\_\_ Date \_\_\_\_\_

*'Tai Chi for Health in Cheshire' is committed to protecting your privacy. Your data will only be used in relation to any of the classes that you participate in that are organised by Lynette and Doug Bowler. All information will be treated confidentially and will not be sold or passed to any other organisation.*

**PLEASE COMPLETE FORM AND SEND WITH CHEQUE FOR £70.00 / £90.00**  
**PAYABLE TO D. BOWLER**  
**TO: 11 RIVERSIDE PARK, NORTHWICH, CHESHIRE, CW8 1DS**



**LYNETTE & DOUG BOWLER**

Instructor Members: Deyin Taijiquan Institute (GB)

**MEMBERS OF THE TAI CHI UNION FOR GREAT BRITAIN**



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