

Registration Form—2016 Common Thread Workshop.

I wish to participate in the Common Thread Workshop dance classes. I understand the classes will put an increased workload on the circulatory/muscular/skeletal systems. The body's reaction to such activities cannot be predicted with complete accuracy. As with any physical activity, there is always risk of stress or injury to bones, joints, ligaments, and/or muscles. Abnormalities could appear in blood pressure, heart rate, or heart function. I understand that I am to report promptly to Jennifer Medina or other teachers at the Workshop any signs or symptoms of distress, abnormality, or pain. I understand that all due regard and safety precautions will be used; however, in the event I am injured or lose personal property, I will not hold Common Thread, Jennifer Medina, or Dance Project responsible.

I am physically able to participate in activities at the Common Thread Workshop. I have read and understand the above, and any questions I have are answered to my satisfaction. I consent to emergency treatment deemed necessary by instructors. Yes _____ No _____

Name _____

Email address _____

Address/Phone _____

Emergency Contact/Phone _____

Do you have:

Food Allergies (list if Yes) _____

Heart trouble _____ Pain in heart or chest _____ History of asthma or other lung condition _____

Skeletal/muscular problems (back/feet/knees) _____

Other health problems of note

If you answered YES to **any** of the above questions, please obtain a statement from your physician affirming that it is not hazardous for you to participate in activities at the Common Thread Workshop.

Signature _____ Date _____

Please return registration form and \$25 registration fee to:
Jennifer Medina, 2323 Locust #510, St. Louis, MO 63103

Registration Fee--\$20.00

Workshop Tuition--\$360.00

Drop-in Rate--\$15.00 per class