



Fitness Membership Application

401 Wagner Road, Northfield, IL 60093

Phone: 847.446.4428

For Office Use Only

Date Rec'd: _____

Cash Rec'd: \$ _____

Check # Rec'd: _____

Waiver Signed?: _____

Initials: _____

Receipt No: _____

For Office Use Only

New Expiration Date: _____

When registering by email, it is mutually understood that the facsimile registration document (including the waiver and release of all claims) shall substitute for and have the same legal effect as the original form.

Last Name _____ First Name _____

Home Address _____

City, State, Zip _____

Home Phone _____ Cell Phone _____

Email Address _____

Emergency Name _____ Emergency Phone _____

Members must be at least 14 years of age to join (w/ signature of legal guardian if under 18)

| <u>One Year Membership</u> | | | <u>Six Month Membership</u> | | | <u>Three Month Membership</u> | | |
|---|-----------------|------------|---|-----------------|------------|---|-----------------|------------|
| <i>Please circle price of selections.</i> | <u>Resident</u> | <u>N/R</u> | <i>Please circle price of selections.</i> | <u>Resident</u> | <u>N/R</u> | <i>Please circle price of selections.</i> | <u>Resident</u> | <u>N/R</u> |
| Individual | \$336 | \$386 | Individual | \$218 | \$251 | Individual | \$134 | \$154 |
| Add'l Family Members | \$218 each | \$251 each | Add'l Family Members | \$142 each | \$163 each | Add'l Family Members | \$87 each | \$100 each |
| Senior (60+) | \$252 | \$290 | Senior (60+) | \$164 | \$189 | Senior (60+) | \$101 | \$116 |
| Add'l Senior (60+) | \$164 each | \$189 each | Add'l Senior (60+) | \$107 each | \$123 each | Add'l Senior (60+) | \$66 each | \$76 each |

One Month Membership - \$50 per person

Do you still have your key FOB? YES NO

Total Membership(s) Price w/ all discounts \$

Member Names

- 1) _____ Birthdate _____
- 2) _____ Birthdate _____
- 3) _____ Birthdate _____
- 4) _____ Birthdate _____

Credit Card # _____ Exp. Date _____ CVC _____

I have read, fully understand, and agree to the Membership Agreement, Program Details, Waiver and Release on pages 2-3 of this form.

Signature _____ Date _____

Membership Agreement

Membership Fees: Membership fees are due, in full, at the time of registration unless otherwise stated by Northfield Park District full-time staff.

Membership Passes: It is understood that all memberships are valid and active from the date of purchase through the given time period indicated by the type of membership purchased. All memberships are active and must run for consecutive weeks/months indicated by type of membership purchased. Any requested modifications must be approved by Northfield Park District full-time staff. Fitness Center memberships do NOT include personal training, group exercise classes, or guest passes.

Public Lockers: Public lockers are available for all members and guests on a daily basis. Park District staff will not be held liable for locker contents. All members are encouraged not to bring valuables on the premises of the Northfield Park District. Northfield Fitness Center, agents, or employees shall not be held liable for the loss, theft, damage of personal property of any member or guest. All lockers will be cleaned out at the end of each day.

Hours: Park District staff reserves the right to change the hours of operation for any reason. Examples of necessity to change hours of operation may include but not limited to member usage, maintenance repairs, special events, acts of nature, holidays, etc.

Rate Change: Membership rates are subject to change.

Membership Pass Modifications:

- Holds/Transfers: Membership holds/transfers are not permitted.
- Cancellations: Only Annual Memberships may be considered for cancellation. Memberships will not be cancelled or extended for lack of facility use. Annual Memberships may be cancelled for the following reasons.
 1. Upon written advice of a physician (a note from a physician must be provided).
 2. Moving permanently more than 10 miles from the Northfield Park District Fitness Center.
 3. Members must provide full-time staff with acceptable proof for cancellation of this agreement.
 4. A 30 day notice in writing is required for all cancellations.

Participants between the ages of 14-17 Years: All participants between the ages of 14-17 must have parental or guardian consent.

Personal Trainers: The use of private personal trainers not employed by the Northfield Park District Fitness Center is strictly prohibited.

Towels: Members are welcome to use the sweat towels provided at the entrance of the Fitness Center. Towels may not be removed from Fitness Center.

Compliance with Rules: It is expected that all members be in compliance with the rules of the Fitness Center. Park District staff reserves the right to add or delete rules for the Fitness Center as required. Staff also reserves the right to exercise discretion when considering the conduct required insuring a pleasant, safe, harmonious environment for members, staff, and guests of the Northfield Fitness Center. Violation of the rules of Northfield Fitness Center could result in the suspension or cancellation of membership.

Northfield Park District Fitness Center Rules & Regulations

- All users must scan in at the fitness desk.
- Users must be 14 years or older to enter the fitness center alone.
- Appropriate clothing and closed-toe shoes required. No sandals, slippers, crocs, hiking boots, dress shoes, etc.
- Talking on cell phones is prohibited on the fitness floor.
- Equipment abuse will not be tolerated (no slamming weights, dropping dumbbells, etc.).
- Users are asked to clean up after themselves; please wipe down equipment after use and return all equipment to its proper place.
- Equipment may not be removed from the fitness center.
- Food, drink, and tobacco of any kind are strictly prohibited on the fitness floor. Only water bottles with tops are allowed.
- Chalk is prohibited on the fitness floor.
- Foul or obscene language is prohibited.
- Please be respectful of other users, staff, and equipment.
- Please notify the Park District Staff on duty of any broken or missing equipment.
- Park District Staff are available during all hours of operation for questions, comments, and concerns.

Fitness Center Waiver and Release of All Claims

“Release and Hold Harmless Agreement”

I have read this form carefully and am aware in registering for participation in this program that I will be waiving and releasing all claims for injuries I might sustain arising from this program. As a participant in the program, I recognize and acknowledge that there are certain risks of physical injury, and I agree to assume the full risk of any injuries including death, damages, or loss, which I may have as a result of participating in the program against the Northfield Park District and its officers, agents, servants, and employees. I do hereby fully release and discharge the Northfield Park District and its officers, agents, servants, and employees from any and all claims from injuries, including death, damages, or loss which I may have or which may accrue to me on account of participation in the program. In the event of any emergency, I authorize District officials to secure from a licensed hospital, physician and/or medical personnel any treatment deemed necessary for my immediate care and agree I will be responsible for payment or any and all medical services rendered. I have read and fully understand the above program details and waiver and release all claims.

The Northfield Park District is committed to conducting its recreational programs and activities in a safe manner and holds the safety of participants in high regard. The Northfield Park District continually strives to reduce such risks and insists that all participants follow safety rules and instructions that are designed to protect the participant's safety. However, participants and parent/guardians of minors registering for this program must recognize that there is an inherent risk of injury when choosing to participate in recreational activities.

You are solely responsible for determining if you or your minor child/ward is physically fit and/or adequately skilled for the activities contemplated by this agreement. It is always advisable, especially if the participant is pregnant, suffering from an underlining medical condition, takes medication, smokes cigarettes, has a family history of coronary disease, or has recently suffered an illness, injury or impairment, to consult a physician before undertaking any physical activity.

Aerobic and other fitness exercises including such items as passive/resistive weight training, use of stair machines, jogging, free weights, other training devices, and equipment (despite careful and proper preparation, instruction, medical advice, and conditioning) pose a substantial risk of serious injury including death. Understandably, not all hazards and dangers can be foreseen. Participants must understand that certain risks, dangers, and injuries due to acts of God, slipping, falling, equipment failure, failure in supervision/instruction, premises defect and all other circumstances inherent to recreational activities/programs exist. Dependent upon a person's physical condition, age and skill level, aerobics and fitness exercise can involve a substantial risk of the following types of injuries. This list is by no means complete, but includes some of the more common ones:

1. Heart attack, stroke, and circulatory problems
2. Shin splints
3. Bone and joint injuries
4. Muscle strain and other muscle injuries
5. Back and neck injuries
6. Foot problems

I have read this form carefully and am aware that in signing up and participating in this program/activity, I will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss regardless of severity, that I or my minor child/ward might sustain as a result of participating in any and all activities connected with and associated with this program/activity.

I recognize and acknowledge that there are certain risks of physical injury associated with participating/activity, and I voluntarily agree to assume the full risk of any injuries, damages or loss regardless of severity, that I or my minor child/ward may sustain as a result of such participation. I fully understand and agree that all exercises including aerobic activities, the use of weights, number of repetitions and use of any and all machinery, equipment and apparatus designed for exercise shall be at my or my minor child/ward's sole risk. Notwithstanding, any consultation or instruction on exercise programs which may be provided by the Northfield Park District, it is hereby understood that the selection of exercise programs, methods and types of equipment shall be my or my minor child/ward's entire responsibility and the Northfield Park District shall not be liable for any claims, demands, injuries, damages or loss to person or property arising out of or in connection with the use of the services and facilities contemplated by this agreement.

I further agree to waive and relinquish all claims that my minor child/ward or I may have or which may accrue to me and/or my minor child/ward as a result of participation in the program/activity.

I do hereby fully release and forever discharge the Northfield Park District from any and all claims for injuries, damages or loss that I or my minor child/ward may have or which may accrue to me or my minor child/ward and arising out of, connected with, or in any way associated with this program/activity.

I understand that it is strongly recommended that all patrons consult their physician prior to starting an exercise program.

Special Accommodations ADA Information

The Northfield Park District encourages participation by everyone! If you or a family member have special needs and would like to participate in a program, we will be happy to make accommodations to meet your needs. Please indicate on the registration form if you would like information regarding our inclusion program and/or accommodations for program participants according to the American with Disabilities Act. For more information contact the Park District at 847-446-4428. Eligibility Participants must be the required age for a program by the program's starting date. Due to the non-competitive nature of Park District programs, we will enforce the age requirements for the classes. No exceptions will be made for those children who may have more advanced skills than others. Thank you for your cooperation and understanding in keeping our programs on a non-competitive level and helping our children have fun while learning and growing with their peers.

Photo Release

By registering for any Park District program you agree to allow publication of any photos taken at any program, event or facility of the Northfield Park District. We cannot be at every program or event to take pictures. We are asking parents, relatives and friends to donate color or black & white photos to the Park District for publication in our brochures. Photos will be acknowledged in the brochures if desired. Photos will be returned, if requested.