



Zumba Gold® , Wednesdays, Jan. 9-March 6, 2019

Zumba Gold/Zumba Level One is designed for the active older adult, the true beginner, and people who need or want Zumba at a much lower intensity. The same great Latin styles of music and dance are used and just as fun as the regular Zumba classes. Zumba Gold classes strive to improve balance, strength, flexibility and most importantly, the heart. We use “very easy to follow” steps, which includes Salsa, Cha Cha, Merengue, Cumbia, Salsa, Rock & Roll (including Twist and Charleston), Belly Dance, Flamenco, Folk Dance and Tango.

Instructor Sharon Gelboin-Katz: Sharon is licensed to teach Zumba & Zumba Gold. She has a strong background in folk dancing and teaching Israeli/International folkdance and movement to children and older adults. Sharon loves incorporating some of the fantastic movements she has learned from Israeli/International folkdance into her Zumba & Zumba Gold classes.

REGISTRATION

Please register at least one week prior to class start so we have an accurate enrollment count. Please check the prices that apply to the sessions you wish to attend:

___ CCV Resident or CC@ H Member* (\$90) **OR** **Zumba Gold**, Jan. 9-March 6, 2018
___ Community (\$108) **Nine- week session, Wednesdays**
11:30 am – 12:30 pm

*Includes Friends of CC@ H.

Name

Telephone

Street

E-mail

City, State, Zip Code

Please send 1) check (payable to **Chevy Chase At Home**), 2) Registration Form (above) and 3) Signed Waiver & Release (below) as follows:

CC Village Residents to CC Village Hall
CC@H Members, Friends to Chevy Chase At Home
& all other Registrants PO Box 15102, Chevy Chase, MD 20825

Questions? Send e-mail to: info@chevychaseathome.org or call 301-657-3115

Drop-ins welcome on a space available basis. Drop-in rate is \$12 for CC@H member and Village Residents/\$14 for general public

See Reverse for Waiver

Waiver and Release

In consideration of being permitted to participate in the following course/activity, sponsored by Chevy Chase Village and provided through Chevy Chase At Home:

1. I recognize that Chevy Chase Village is not responsible for the content or teaching of this course/activity and makes no warranties, and specifically disclaims any warranties, with respect thereto.
2. I am participating in the course/activity upon the express agreement and understanding that I am hereby waiving and releasing Chevy Chase Village, its officers, managers, employees and agents from any and all claims, costs, liabilities, expenses or judgments including attorneys' fees and court costs (herein, collectively referred to as "claims") arising out of my participation in the aforesaid course/activity and any illness injury or death resulting therefrom, and hereby agree to indemnify and hold harmless Chevy Chase Village, its officers, managers, employees and agents from and against all such claims except claims proximately caused by the gross negligence or willful misconduct of Chevy Chase Village.
3. I am over the age of eighteen years and competent to enter into this waiver and release. I hereby execute and deliver this waiver and release voluntarily and with full understanding of the contents and consequences thereof and to induce Chevy Chase Village to permit me to participate in the program at Chevy Chase Village Hall.

Signature of Participant

Printed Name

Date

Street

Email Address

City, State, Zip Code

Home & Work Telephone Numbers

See Reverse for Registration