

Senior Center Winter Programs
Hudson Ridge Senior Center
98 Church Street
Aberdeen, NJ 07747

Registration Form:

PARTICIPANT: _____ DATE OF BIRTH: _____

ADDRESS: _____

HOME PHONE: _____ CELL PHONE: _____

EMAIL: _____

EMERGENCY CONTACT: _____ PHONE: _____

Program Schedule:

Class	Instructor	Days	Dates	Times	Resident Cost	Non Resident Cost	Check here to enroll
Chair Yoga	Debbie Dellosso	Monday	12/5-2/6	9:00-10:00	FREE	\$18	
Aerobics	Oscar Diaz	Monday	12/5-2/6	10:30-11:15	FREE	\$21	
Qigong	Al Chuderski	Tuesday	12/6-2/21	9:15-9:45	FREE	\$18	
Tai Chi	Al Chuderski	Tuesday	12/6-2/21	10:00-10:45	FREE	\$36	
Gentle Strength	Debbie Dellosso	Tuesday	12/6-2/21	11:15-12:00	FREE	\$36	
Latin Groove Line Dancing	Oscar Diaz	Tuesday	12/6-2/21	12:30-1:15	FREE	\$36	
Strength Training	Debbie Dellosso	Wednesday	12/7-2/22	9:00-10:00	FREE	\$36	
Aerobics	Oscar Diaz	Wednesday	12/7-2/22	10:30-11:15	FREE	\$36	
Qigong	Al Chuderski	Thursday	12/8-2/23	9:15-9:45	FREE	\$18	
Tai Chi	Al Chuderski	Thursday	12/8-2/23	10:00-10:45	FREE	\$36	
Gentle Strength	Debbie Dellosso	Thursday	12/8-2/23	11:15-12:00	FREE	\$36	
Latin Groove Line Dancing	Oscar Diaz	Thursday	12/8-2/23	12:30-1:15	FREE	\$36	
Balance	Debbie Dellosso	Friday	12/9-2/24	9:30-10:15	FREE	\$36	
Chair Yoga	Debbie Dellosso	Friday	12/9-2/24	10:30-11:30	FREE	\$36	
Ping Pong	Charanjit Bakshi	Mondays & Wednesdays	continuous	11:30-12:30	FREE	FREE	
Book Club	Michele Meany	2nd Monday of each month	continuous	1:00-2:30	FREE	FREE	
Craft Club	Jill Owens	Thursday	continuous	10:30-1:30	FREE	FREE	
Bridge and Mahjong Club	Michele Meany	Wednesday	continuous	1:00-3:30	FREE	FREE	
Rummikub and Mahjong Club	Ruth Prata	Thursday	continuous	1:30-4:00	FREE	FREE	

Please note, space is limited to the first 35 participants that register.

Resident registration will open on 11/14 at 9am. Non-resident registration will open on 11/21 at 9am.

If you are interested in registering for any of the above programs, you can do so by either dropping this completed form off at Town Hall, calling the Recreation Department at 732-583-4200 ext. 126 or by logging into our online registration system at

<https://parksrec.egov.basgov.com/aberdeen>

Release Form

Hold Harmless

I understand that I am participating at my own risk. I agree to hold harmless the Township of Aberdeen, Senior Center, or authorized agents for any injury that I may suffer by participation in any of the programs offered through the Senior Center. This means that you releasing the Township of Aberdeen, the Senior Center, or its authorized agents from any liability for any injury that you suffer as a result of participating in activities sponsored by the Township of Aberdeen Senior Center. By signing this form, you are voluntarily and freely giving up your rights to sue the Township of Aberdeen, the Senior Center, or its authorized agents. Further, by signing this waiver, you acknowledge that you do so voluntarily and of your own free will. You further acknowledge that you have capacity to enter into this agreement releasing the Township of Aberdeen from its liability. You farther understand and agree that your signature on this waiver applies not only to any events listed in the waiver but to any and all events from this forward in which you participate that are sponsored by the Township of Aberdeen Senior Center. By executing this waiver, you release the Township of Aberdeen, the Senior Center, or its agents not only from any items listed in this form but from any activities or events that you participate in, in the future. This includes all classes, presentations, trips, senior citizens club meetings, etc.

Medical Release

I hereby release, waive and agree to hold harmless the Township of Aberdeen, its employees, contractors, associates, departments or other entities or individuals representing the same, with regard to any accidents, illness or personal injury I may suffer, which might result from my participation in any activity or program listed below offered by the Township of Aberdeen. I am aware that it is my responsibility to check with my doctor before beginning any type of activity offered by the Township of Aberdeen. The Township of Aberdeen has advised me that a physician's approval is strongly recommended prior to beginning any exercise program that is offered by the Township of Aberdeen at the Senior Center. I acknowledge I have no mental or physical condition that might compromise my ability to participate in the activities which have not been disclosed to the Township of Aberdeen and I am fully capable of participating in these activities without causing harm to myself or others.

Print Name: _____

Sign: _____ Date: _____