

Prince George Community Center/Fitness Room - Registration Form

11100 Old Stage Road
Prince George, VA 23875
Office (804) 458-6164
Fax (804) 458-5021

Paperwork: _____
Orientation: _____

Payments for programs must accompany forms, or they will not be processed.

Participant Name (First & Last)	Age	Date of Birth MM/DD/YY	Gender M/F	Program Title	Membership Card #	Fee
				Exercise Room		
				Exercise Room		
				Exercise Room		
				Exercise Room		

School, if applicable: _____

Payment Information: Payer Name: _____

Are you a Prince George County Resident? YES NO

Primary Phone #: () _____ Secondary Phone#: () _____

Email Address: _____

Street Address: _____ City/State/Zip Code: _____

Method of Payment: Payable to PG Parks and Recreation

Physical Limitations:

TOTAL PAYMENT _____

Check #: _____ Cash: _____

Emergency Contact: Name: _____ Phone#: _____ Relation: _____

Photographs: At times, Department Staff may take photos for publicity or departmental purposes. If you **do not** want pictures of you or your child taken, initial here: _____

General Release of Liability and Indemnification

I agree, for my child and myself and for any person claiming by or through me to release the Department of Parks and Recreation, its officers, agents, employees and volunteers from any and all liability for loss, injury or damage to person or property arising from this Activity and hold them harmless for same. I authorize the Department of Parks and Recreation to seek medical attention for me or my child and transportation to a health care facility in an emergency.

Returned Check Policy

I authorize the County to initiate an electronic debit to my account for the amount rendered on this check plus the legal limit returned check fee if the item is dishonored. The use of a check for payment is my acceptance of this.

Participant Signature _____

Parent/Guardian if participant is under 18 years _____

Date: _____

Prince George Community Center/ Wellness Center
Exercise Room Standards and Orientation

The Prince George Community Center Exercise Room is designed to give Prince George County residents the opportunity to attain physical fitness. In order to keep the facility safe and fun for all participants, the following standards/orientation guidelines are being noted. Please read each standard/orientation guideline and initial next to each number once you fully understand the intended purpose. Thank you.

- ___ 1) Hours of operation are: Community Center 7:00 a.m. – 8:00 p.m. / Monday – Thursday
7:00 a.m. – 7:00 p.m. / Fridays
9:00 a.m. – Noon
Wellness Center 7:00 a.m. – 10:00 a.m. / Monday – Friday
5:00 p.m. – 8:00 p.m. / Monday – Thursday
5:00 p.m. – 7:00 p.m. / Fridays
- ___ 2) An exercise session **should not start** less than a half hour prior to scheduled closing.
- ___ 3) I understand that to ensure my personal safety, I (or my child) should see a physician prior to starting a weight or training program.
- ___ 4) The Prince George Parks and Recreation Department is not responsible for any lost belongings.
- ___ 5) All participants must return and rack weights when finished.
- ___ 6) All participants must wear appropriate exercise attire (no "cutoffs", sandals, etc.).
- ___ 7) All participants are expected to clean off equipment when finished.
- ___ 8) All participants are expected to pick up towels, water bottles, newspapers, etc.
- ___ 9) To ensure a comfortable atmosphere for everyone, please be courteous and respectful to others.
- ___ 10) Participants are requested not to monopolize several pieces of equipment while others are waiting.
- ___ 11) Participants, ages 13-15, **MUST** be accompanied by an adult.
- ___ 12) Parks and Recreation staff have explained the equipment's basic function, to include:
 - a) Proper ways to start/stop each cardio machine
 - b) Proper way to attach safety strap on treadmills
 - c) Adjusting all seats and/or weights
 - d) Cleaning of machines
- ___ 13) Positive behavior is expected and encouraged. However, the program staff has the right to suspend any person from the Exercise Room who displays repetitive uncooperative and negative behavior.
- ___ 14) Defective, broken, or worn parts that need repair or replacement **MUST** be reported immediately.
- ___ 15) No child care services are available; please do not bring your children under the age of 13 unless enrolled in another activity.
- ___ 16) Only currently registered exercise room members are permitted in the gym area.

I, _____, have read and understand each of the standards/orientation guidelines listed above for the Prince George Community Center Exercise Room.

Signature: _____

Date: _____

Parent/Guardian if participant is under 18 years old: _____

Date: _____