



WHAT TO KNOW before coming to aerial class:

- Come dressed in comfortable clothing that is free of sharp objects. No exposed zippers, snaps, or rhinestones as these can snag and rip our fabric hammocks.
- Remove all jewelry such as necklaces, bracelets, rings, and watches before class.
- No playing or practicing on the aerial hammocks (unless otherwise specified) until the instructor is present and the class is in session.
- Come to class fully digested.

I am aware of my own [and my child's] health and physical condition(s) and I agree to disclose any physical limitations, disabilities, ailments, or impairments which may affect my [or my child's] ability to participate in said activity. By signing this form, I release Fly Creek Aerial Yoga, and the staff of the establishment from any responsibility or liability for any personal injury sustained while participating in this activity on premises at Fly Creek Aerial Yoga | 276 Goose Street, Fly Creek, NY 13337.

Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Phone #: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

*MINORS:*

NAME OF MINOR: \_\_\_\_\_

NAME OF GUARDIAN: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_

Please list name & previous or chronic injuries here (and on reverse side).