



Annual

Walking Track Member
(\$70R / \$100NR)

Free Walking Track Member
(FREE for Carol Stream residents with valid ID)

R = Resident NR = Non Resident

WALKING TRACK GUIDELINES

Check in at the Fitness Service Desk (2nd floor) upon each visit.

Sign the track log & pick up a colored track wristband. (Free Walking Track Members Only)

Fitness Service Desk Staff will scan your ID card and keep on file, then pick up a colored track wristband. (Walking Track Members Only)

Your membership includes usage of the lockers in the studio hallway & towel service.

Return your wristband to the Fitness Service Desk before you leave. (Free Walking Track Members Only)

Return your wristband & pick up your ID at the Fitness Service Desk before you leave. (Walking Track Members Only)

Minimum age is 12 years old.

Proper attire is required including appropriate walking/running shoes and shirts.

Strollers and pets are not permitted.

No fitness equipment is permitted on the track.

You may bring small hand and ankle weights from home for use on the track.

For safety purposes walkers/runners should stay posted in the designated lanes only.

Walk/jog/run in groups of 2 people wide.

No spectators allowed on track.

Refunds will not be issued for walking track memberships.

INTERNAL USE ONLY

STAFF INITIAL DATE

Checked proof of residency

MEMBERSHIP START DATE

Name _____

Address _____

City _____ State _____ Zip _____

Cell Phone _____ Add'l Phone _____

Email _____ Birthdate _____

Emergency Contact _____

Emergency Phone _____ Relation _____

How did you hear about this activity? _____

Why did you choose this activity? _____

Have you seen any of our ads? _____



Walking Track Membership | Agreement

TERMS AND CONDITIONS

I realize that by choosing a Full Year Payment, I have agreed to a specific membership with a specific price frame of one year.

PROOF OF RESIDENCY

Individual Adult Members Adults & Forever YoungMembers

Must provide 2 forms of proof including driver's license, state ID and/or utility bill Proof of Residency

Youth

Must provide 1 form of proof including a piece of mail from school, report card and/or transcript with address listing

CANCELLATION POLICY

Full Year Membership Paid in Full

There are no refunds and prorations for walking track memberships.

MEMBERSHIP CARDS

After the first replacement card, there is a \$5 fee for future cards.

PREVENTATIVE MAINTENANCE

As part of our annual preventative maintenance program Fountain View Fitness can close for up to one week. The closure period is figured into the membership fee schedule; therefore no adjustments will be made to memberships for closures less than the one scheduled week.

WAIVER & RELEASE

The Carol Stream Park District is committed to conducting its recreation programs and activities in a safe manner and holds the safety of participants in high regard. The Carol Stream 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 parents/guardians of minors registering for this program must recognize that there is an inherent risk of injury when choosing to participate in recreational activities/programs. You are solely responsible for determining if you or your minor child/ward are physically fit and/or adequately skilled for the activities contemplated by this agreement. It is always advisable, especially if the participant is pregnant, suffers from an underlying 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 fitness center activity.

WARNING OF RISK

Aerobic and other fitness activities such as passive/resistive weight training, use of stair machines, jogging, free weights, and other training devices are intended to challenge and engage the physical, mental and emotional resources of the participant. Despite careful and proper preparation, instruction, medical advice, conditioning, and equipment, there is still a risk of serious injury. All hazards and dangers cannot be foreseen. Depending on the particular activity, certain risks, dangers and injuries due to overexertion, improper technique, ignoring safety precautions, failing to follow instructions, slips and falls, unfamiliarity with the equipment and/or exercise, equipment failure, failure in supervision/instruction, premises defects and other risks inherent to the particular activity exist. In this regard, it is impossible for the Carol Stream Park District to guarantee absolute safety. Dependent upon a person's physical condition, age and/or skill level, aerobics and fitness activities 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. Bone and joint injuries
3. Back and neck injuries
4. Shin splints
5. Muscle strain and other muscle injuries
6. Foot problems

WAIVER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK

Please read this form carefully and be aware that in signing up and participating in this program/activity, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with this program/activity (including transportation services and vehicle operations, when provided). I recognize and acknowledge that there are certain risks of physical injury to participants in this program/activity, and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that my minor child/ward or I may sustain as a result of said participation. I further agree to waive and relinquish all claims I or my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in this program/activity against the Carol Stream Park District, including its officials, agents, volunteers and employees.

I have read and fully understand the above important information, warning of risk, assumption of risk and waiver and release of all claims. If registering on-line or via fax, my on-line or facsimile signature shall substitute for and have the same legal effect as an original form signature.

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|---|----------------------|
| Participant's Name (Print) | |
| Participant's Signature | Date MM/DD/YY |
| Parent/Guardian Name for children under 18 (Print) | |
| Parent/Guardian Signature | Date MM/DD/YY |