



## THE TEANECK SENIOR SERVICES CENTER

# NOTICE TO PARTICIPANTS

## Fall 2020 Outdoor Classes

**Tuesday, September 22<sup>nd</sup> – Friday, October 30<sup>th</sup>**

**Classes will be held OUTSIDE by the Votee Park Bandshell  
\* WEATHER PERMITTING \***

**We are offering a very limited number of outdoor classes for the above dates. Each class will be limited in the number of participants due to CDC Guidelines as well as the space we have available. We appreciate your understanding of these changes as we proceed to introduce classes during this unprecedented time.**

## Registration Information

- 2020 Outdoor Class Lineup will be **AVAILABLE ONLY** on the **Township Website starting on Thursday, September 3<sup>rd</sup>**.  
<https://www.teanecknj.gov/senior-programs>
- Registration is for Teaneck residents who registered for the Winter 2020 and/or Spring 2020 Session(s). (No new participants at this time)

### **REGISTRATION PROCEDURES:**

- Classes will be limited to **1 class per person**. Lineup located at:  
<https://www.teanecknj.gov/senior-programs>
- **Registration will be by phone ONLY beginning at 10:00 am Tuesday, September 15<sup>th</sup> through Thursday, September 17<sup>th</sup>**.  
Call the Teaneck Senior Center at 201-837-0171 or 201-837-7130.  
Class space is limited.
- You will be required to sign a **COVID-19 Liability Waiver** on the first day of class. Please familiarize yourself with this form located on the fourth page of the packet.
- **Medical Release Form** (if requesting exercise classes) is **REQUIRED**.  
Medical release not required if submitted within the last 12 months.



## **COVID-19 SAFETY MEASURES**

The Teaneck Recreation Department follows all CDC guidelines. Participants must wear a **mask** along with maintaining social distance. There will be a COVID-19 Screening prior to the start of every class which includes, a **temperature check** and a **COVID-19 symptoms questionnaire**.

## **Class Confirmation Policy**

You will receive confirmation at the time of phone-in registration.



**There are no make-up classes due to holiday, inclement weather, special events or instructor absence.**

IN THE EVENT OF POOR WEATHER CONDITIONS PLEASE CALL THE RECREATION DEPARTMENT TO CHECK FOR DELAYS OR CANCELLATIONS 201-837-0171 /201-837-7130.

**NO UNAUTHORIZED PARTICIPATION WILL BE PERMITTED**  
**THE SENIOR CENTER PROGRAMS AND CLASSES ARE FOR REGISTERED PARTICIPANTS ONLY. FOR SAFETY REASONS CHILDREN AND /OR GUESTS ARE NOT PERMITTED.**



# Teaneck Senior Services Center

250 Colonial Court  
(201) 837-0171 or (201) 837-7130

## FALL 2020 OUTDOOR CLASS LINE UP

Tuesday, September 22<sup>nd</sup> through Friday, October 30<sup>th</sup>

The Center will be CLOSED on the following Municipal Holiday:

Monday, October 12<sup>th</sup>, Columbus Day

Registration is only for Teaneck residents who registered for the Winter 2020 and/or Spring 2020 Session(s). (No new participants at this time)

Registration will be by phone ONLY, beginning at 10:00 am  
Tuesday, September 15<sup>th</sup> through Thursday, September 17<sup>th</sup>.

**Note: Please allow yourself time for the COVID-19 Symptom Questionnaire, Temperature Checks, and Attendance prior to each class.**

### MONDAY

	<u>INSTRUCTOR</u>	<u>TIME</u>
Tai Chi Chuan <b>Beginner</b> (L1)	Master Peng	9:30 - 10:15 am
Tai Chi Chuan <b>Intermediate</b> (L1)	Master Peng	10:45 -11:30 am

### TUESDAY

	<u>INSTRUCTOR</u>	<u>TIME</u>
Toning & Strengthening (L1)	Katonya Rochester	9:30 -10:15 am
Yoga <b>Beginner</b> (L1)	Martin Bland	10:45 -11:30 am

### WEDNESDAY

	<u>INSTRUCTOR</u>	<u>TIME</u>
Cardio/ Toning/ Balance (L2)	Patty Schwartz	10:45 - 11:30 am
Breathe Stretch Relax (L1)	Barry Rochester	12:00 -12:45 pm

### THURSDAY

	<u>INSTRUCTOR</u>	<u>TIME</u>
Yoga <b>Intermediate</b> L1)	Martin Bland	9:30 -10:15 am
Drama/Improvisation	Dori Persson	11:00 -12:00 pm

### Notes:

You will be required to sign a COVID-19 Liability Waiver on the first day of class. Please familiarize yourself with this form located on the fourth page of the packet.

Participants must bring their own fitness equipment for all classes.

Participants are required to have a current Medical Release Form on file for all Physical Fitness classes.

There are no make-up classes due to holidays, inclement weather, special events or instructor absence.

**Township of Teaneck**  
**Liability Waiver**  
READ BEFORE SIGNING

In consideration of being allowed to participate in any way in all recreation activities, the undersigned acknowledges, appreciates and agrees that:

1. The risks of injury and illness(ex: communicable diseases such as MRSA, influenza and COVID-19) from the activities involved in this program are significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce these risks, the risks of serious injury and illness do exist, and,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,
4. I have reviewed and will adhere to all of Governor Murphy's Executive Orders including Executive Order #149, the Center for Disease Control and Prevention (CDC) guidelines and the New Jersey Department of Health guidelines for COVID-19 in all respects while using municipal facilities or participating in municipal activities, and,
5. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY AND HOLD HARMLESS Township of Teaneck, their elected officials, commissioners, officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers ("RELEASEES"), WITH RESPECT TO ANY AND ALL INJURY,ILLNESS,
6. DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

**I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT**

Participant Name (please print) \_\_\_\_\_

Participant Signature \_\_\_\_\_

DATE SIGNED \_\_\_\_\_

Emergency Phone Number \_\_\_\_\_