

## Let's Dance Taster Day Saturday 7th March

As part of the national *Let's Dance* campaign, YMCA Cornwall is hosting a full day of 45-minute taster sessions in partnership with local dance teachers.

Please complete this form to register your place.

### Participant Details

**Full Name:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

**Email Address:** \_\_\_\_\_

**Emergency Contact Name:** \_\_\_\_\_

**Emergency Contact Phone:** \_\_\_\_\_

### Please tick the sessions you would like to attend:

- Qigong – 09.00 - 09.45am
- Classical Dance - 10.00 - 10.45am
- Tai Chi – 11.00 - 11.45am
- Chair-Based Dance (in the coffee shop) - 12.00 - 12.30pm
- Kids Dance (aged 5+. Parent/Guardian must be present) – 12.00 - 12.45am
- Beginners Line Dance – 13.00 -13.45pm
- Tap Dance – 14.00 - 14.45pm
- Flamenco Dance – 15.00 - 15.45pm
- Feel Good Dance – 16.00 - 16.45pm

### Health & Safety Disclaimer (must be completed)

#### Please read and tick below:

I confirm that I am fit to participate in physical activity and do not have any injuries, medical conditions, or health concerns that could put me at risk while taking part in these sessions. I agree to listen to my body, move within my limits, and stop if I experience pain or discomfort.

I understand that YMCA Cornwall, session instructors, and visiting teachers cannot be held responsible for any injury or issue arising from my participation. (If you have any health concerns, please seek advice from a qualified health professional before taking part.)

#### \* Photography & Video Consent (Optional)

I consent to YMCA Cornwall using photos or short video clips taken during the event for social media and promotional purposes.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**\*Parent/Guardian signature** (for under 18's) \_\_\_\_\_