



**Registration Form
For Adult Dance & Tai Chi Classes**

Student Information

Name: _____ Home Phone: _____

Work Phone: _____ Cell Phone: _____

Email Address: _____

Mailing Address: _____

Emergency Contact Information

Name/Relationship: _____

Primary Phone: _____ Alternate Phone: _____

Medical Conditions / Special Needs

Do you have any medical conditions, are you on special medication, or do you have any special needs we should be aware of? _____ If you answered yes, please complete our Physical Activity Readiness Questionnaire (PAR-Q) on page 5.

How did you hear about us? _____

Classes Requested

Class Number	Class Description	Day	Time	Number of Lessons

**CoreRageous Dance & Movement
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For Adult Dance & Tai Chi Classes**

Payment Calculations & Options

Class #1: Nr of Lessons ____ Pre Pay-in-Full \$_____ or First Monthly Payment \$_____

Class #2: Nr of Lessons ____ Pre Pay-in-Full \$_____ or First Monthly Payment \$_____

Class #3: Nr of Lessons ____ Pre Pay-in-Full \$_____ or First Monthly Payment \$_____

Class #4: Nr of Lessons ____ Pre Pay-in-Full \$_____ or First Monthly Payment \$_____

Class #5: Nr of Lessons ____ Pre Pay-in-Full \$_____ or First Monthly Payment \$_____

TOTAL DUE: \$_____ or \$_____

Please make check payable to "CoreRageous Dance & Movement" or "CD&M". Cash, Visa and Master Card are accepted at the studio.

ADULT DANCE & TAI CHI* CLASSES RATES						
Number of Lessons	Base Price is \$15.00 Per Lesson	Pre-Payment Discount (When Applicable)	Pre-Payment Discounted Price	Pre-Payment Savings	Number of Monthly Payments (When Applicable)	Monthly Payments (When Applicable)
1	\$15.00					
2	\$30.00					
3	\$45.00					
4	\$60.00					
5	\$75.00					
6	\$90.00	5%	\$85.50	\$4.50	2	\$45.00
7	\$105.00	5%	\$99.75	\$5.25	2	\$52.50
8	\$120.00	5%	\$114.00	\$6.00	2	\$60.00
9	\$135.00	5%	\$128.25	\$6.75	3	\$45.00
10	\$150.00	5%	\$142.50	\$7.50	3	\$50.00
11	\$165.00	10%	\$148.50	\$16.50	3	\$55.00
12	\$180.00	10%	\$162.00	\$18.00	3	\$60.00
13	\$195.00	10%	\$175.50	\$19.50	4	\$48.75
14	\$210.00	10%	\$189.00	\$21.00	4	\$52.50
15	\$225.00	10%	\$202.50	\$22.50	4	\$56.25
16	\$240.00	10%	\$216.00	\$24.00	4	\$60.00
17	\$255.00	10%	\$229.50	\$25.50	5	\$51.00
18	\$270.00	10%	\$243.00	\$27.00	5	\$54.00
19	\$285.00	10%	\$256.50	\$28.50	5	\$57.00
20	\$300.00	10%	\$270.00	\$30.00	5	\$60.00

*Note: The minimum number of lessons for Tai Chi enrollment is four (4).

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Policies & Agreements

Registration. The undersigned acknowledges that upon CoreRageous Dance & Movement's acceptance of this registration application, named student is enrolled in the class(es) indicated and that the undersigned is responsible for the full amount of tuition for the period(s) enrolled.

Monthly Tuition Option. For those who have selected the monthly tuition option, the undersigned agrees to pay the first month's tuition at registration. The undersigned further agrees to pay the remaining monthly installments no later than the first class day each month.

Late Payments. Monthly payments are due by the first lesson of each month. Payments received after the 15th of the month will incur a \$10.00 late fee.

Returned Checks. Returned checks will be assessed a \$30.00 returned check fee.

Class Withdrawal & Refund Policy. There is a 2-week written notice requirement before withdrawal can be permitted. CoreRageous Dance & Movement retains the right to keep a student's enrollment status active and to charge accordingly, until a notice is received. As a reminder, all holidays and studio closings are built into the studio's class schedule already. Refunds may be given prior to the first class meeting. No refunds or credits will be given after the first class meeting for missed classes for any reasons except for emergencies, severe illness, or injury

Attendance & Make-Up Classes. Students/clients will benefit most from classes if their attendance is consistent. Making up missed classes is permitted in the same or similar activity if space is available. Please check with the studio in advance to verify there is space. No refunds or credits will be given after the first class meeting for missed classes for any reasons except for emergencies, severe illness, or injury. Missed classes must be made-up within two (2) weeks of the absence if space is available. Missed classes may not be applied to unpaid or overdue tuition.

Photo & Video Release. The undersigned grants permission to CoreRageous Dance & Movement, during student's enrollment in a dance or fitness class or participation in other CoreRageous Dance & Movement programs, activities, or events, to photograph and/or video the student. CoreRageous Dance & Movement shall be permitted to use the student's name, voice, likeness, and picture in connection with any advertising, publicity, promotional, and/or other marketing activities relating to such student's participation as a student at CoreRageous Dance & Movement, in perpetuity, in all media, whether now existing or hereafter created, including, but not limited to, printed materials, brochures, radio, films, motion pictures, videos, television, and computer on-line media, including web sites. CoreRageous Dance & Movement may exercise the foregoing rights without payment of any fee or other remuneration and without any prior notice to the undersigned. The undersigned acknowledges and agrees that any recordings, photographs, and the like provided for herein shall be owned by and the sole property of CoreRageous Dance & Movement.

Waiver & Release of All Claims. I (*print your name*) _____, acknowledge that I understand that participation in dance and other activities provided by CoreRageous Dance & Movement, LLC, may result in unavoidable injuries, including, but not limited to, muscle or soft strains, sprains and tears, broken bones, shin splints, heart attack, heat prostration, knee/lower back/foot injuries, any other illness, soreness, and severe injuries such as paralysis or even death from various causes, known or unknown, which include, but are not limited to, the weight of the body during certain movements, rotation of the body, and movement

of the body, in a unique environment. I am fully aware of the inherent risks in participating in dance and other activities offered at CoreRageous Dance & Movement.

In consideration for agreeing to permit me to participate in dance or fitness training or other activities offered by CoreRageous Dance & Movement, I, my heirs and assigns, next of kin, and all others acting on my behalf agree to waive any and all rights, claims, damages, actions, causes of action, or suits of any kind or nature whatsoever, which I have against CoreRageous Dance & Movement, LLC, or its agents, officers, employees, representatives, executors, and/or other acting on their behalf for any injuries suffered or damages as a result of engaging in those activities or training programs offered by CoreRageous Dance & Movement. It is also my intent to release CoreRageous Dance & Movement, Adrienne Rieken, and any agents, officers, employees, representatives, executors, or other acting on their behalf from liability for any injury or damage to me that may occur, including those caused by the negligent act or omission of any of those mentioned or others acting on their behalf, or in any way arising out of or connected with my participation in any activities of CoreRageous Dance & Movement or in the future.

Further, in case of accident, injury, or sudden illness, I authorize any first aid or emergency medical care that may become necessary for me while I am at the CoreRageous Dance & Movement facility or otherwise in the care of CoreRageous Dance & Movement staff elsewhere. I authorize that I be transported to a local medical facility. If I am unable to speak for myself, I hereby grant permission for the administration of all medical treatment necessary. I agree to provide health insurance or to guarantee payment of any medical expenses incurred as a result of training, performing, or participation in activities with CoreRageous Dance & Movement. By executing this document, I hereby assume all risk of injury or loss to which I may be exposed.

(Please initial _____) My signature at the end of this document, which is provided voluntarily, attests that I have read and understand completely the risk and WAIVER OF LIABILITY described above, and that I agree with the terms presented herein.

I have read all the above Policies & Agreements in their entirety, understand them, and agree to comply with their contents.

Student's SIGNATURE: _____ Date: _____

Student's PRINTED Name: _____

Mail completed package and check to:

CoreRageous Dance & Movement
8600 Foundry Street, Box 2018
Savage, MD 20763

Physical Activity Readiness Questionnaire (PAR-Q)

Name	Date
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Regular exercise is associated with many health benefits, yet any change of activity may increase the risk of injury. Completion of this questionnaire is a first step when planning to increase the amount of physical activity in your life. Please read each question carefully and answer every question honestly.

Yes	No	1) Has a physician ever diagnosed you with a heart condition and/or limited your physical activity?
Yes	No	2) Have you ever felt pain in your heart or chest?
Yes	No	3) Have you ever lost consciousness or lost your balance because of dizziness?
Yes	No	4) Do you have a joint or bone problem (such as arthritis) that may be aggravated by a change in your physical activity?
Yes	No	5) Is a physician currently prescribing medication(s) for blood pressure or heart condition?
Yes	No	6) Are you pregnant?
Yes	No	7) Do you have insulin-dependent diabetes?
Yes	No	8) Are you 65 years of age or older?
Yes	No	9) Do you know of any other reason why you should not exercise or increase your level of physical activity?

If you answered “YES” to any of the questions above, talk with your doctor BEFORE you become more physically active. Tell your doctor your intent to exercise and to which questions you answered “yes”.

If you honestly answered “NO” to all questions you can be reasonably positive that you could safely and gradually increase your level of physical activity.

If your health changes and you answer “Yes” to any of the above questions, seek guidance from a physician. If you have a temporary minor illness, such as the common cold, vigorous exercise or exercise testing should be postponed.

Participant Signature	Date
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ATTIRE SHEET

CoreRageous Dance & Movement endeavors to present the professional image of a quality educational institution. Therefore, attire for each class is specified for uniformity and, in some case, safety.

Dancewear Shop We Use (Say you take at CoreRageous Dance & Movement & receive 10% discount)

Prima Dancewear
9705 Fort Meade Road
Laurel, MD 20707
301-490-6616

Attire for Ballet Classes (For all ballet classes ballet skirts are optional. 3-6 yr old use the traditional ballet shoe and 7 & up may use split sole ballet shoes if preferred.)

- BAL 101 – Ballet/Tap Combination for 3 – 4 Years: Pink leotard/any style, pink tights, ballet shoes, and tap shoes. NOTE: For tap shoes, run black elastic band through the holes—no ribbon.
- BAL 201 – Ballet for 5 – 6 Years: Black leotard/any style, pink tights, and ballet shoes.
- BAL 301 – Ballet 1 for 7 – 11 Years: Powder blue leotard/any style, pink tights, and ballet shoes.
- BAL 401 – Ballet 1 for 12 – 16 Years: Burgundy leotard/any style, pink tights, and ballet shoes.
- BAL 501 – Ballet 1 for 17 Years – Adult: Any color leotard/any style, pink tights, and ballet shoes.
- Male Dancers: White t-shirt, black shorts or workout pants, a black elastic belt and black ballet shoes or tap shoes if applicable.

Attire for Jazz Classes

Black split-sole jazz shoes (preferably slip-on jazz boot), any color leotard, tights-optional, jazz pants/Capri, bike shorts, dance skirt, etc.

Attire for Tap Classes (3-6 yr old use the traditional tap shoe and 7 & up use the jazz slip on tap shoe)

Black tap shoes, any color leotard, tights-optional, jazz pants/Capri, bike shorts, dance skirt, etc.

Attire for Lyrical Classes

Tan split-sole slip on jazz boot (please get the Capezio brand for color consistency), any color leotard, tights, jazz pants/Capri, bike shorts, dance skirt, etc.

Attire for Hip-Hop Classes

Black split-sole jazz sneakers, jazz pants/Capri, dance tops etc. Baggy clothing within reason is acceptable in Hip Hop only.

Attire for Pilates, Yoga and Nia Classes

Workout attire, form fitting, so the instructor can see your body.
Bring a blanket to use in yoga (any blanket can work). Note--the studio does not supply these.
You may bring your own yoga / Pilates mat, if you would feel more comfortable doing so.

Attire for Martial Arts Classes – Ballroom – Tia Chi

See instructor or studio for further information.