**Vlife Aquatics Water Aerobics Disclosure and Waiver**

By participating in Water Aerobics classes offered by Vlife Aquatics, you acknowledge and agree to the following terms:

1. **Assumption of Risk**

Water aerobics involves physical activity that may result in injury. You understand and voluntarily accept all risks associated with participation, including but not limited to slips, falls, muscle strain, or other physical injuries.

1. **Medical Clearance**

You affirm that you are physically fit to participate in water aerobics and have no medical conditions that would prevent safe participation. If you are pregnant, recovering from injury, or under a doctor’s care, you have obtained medical clearance before joining the class.

1. **Health & Safety Guidelines**

Participants must follow all safety instructions provided by the instructor. Vlife Aquatics reserves the right to deny participation to anyone who is deemed a health or safety risk to themselves or others.

1. **Personal Responsibility**

Participants are responsible for monitoring their own physical condition during classes. If at any time you feel discomfort or strain, you should discontinue the activity and alert the instructor.

1. **Facility Rules**

All participants must comply with posted facility rules, including locker room use, appropriate swimwear, and respectful conduct toward others.

1. **Photography & Media Release**

Vlife Aquatics may occasionally photograph or record classes for marketing purposes. If you do not wish to appear in any media, please notify us in writing.

1. **Liability Waiver**

By participating in the water aerobics class, you release and hold harmless Vlife Aquatics, its staff, instructors, and affiliates from any and all claims, liabilities, or expenses arising out of your participation, including injury or loss of personal property.

1. **Cancellation & Refund Policy**

Cancellations must be made at least 24 hours in advance for credit or rescheduling. No-shows or late cancellations may forfeit the session without refund.

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

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

Would you like me to help turn this into a digital form or waiver for your clients to sign online?