



**Aqua Max HIIT Squad
8 week Winter HIIT Programme
Registration waiver form**



3rd September – 28th October

Full Name: _____ Date of Birth: _____

Phone number: _____ Mobile number: _____

Address: _____

Email: _____

Liability Waiver: Please read carefully and sign below

I, the client hereby stipulate that I am physically well and can proceed to perform the outlined exercises for the Aqua Max HIIT Squad at the Napier Aquatic Centre. As the programmes exercises will involve strength training, cardiovascular exercise, water exercise and other types of exercise, I am agreeing that I am ok to perform the activities. I understand that I know my limitations and if there are certain exercises that I cannot perform, I will talk to the trainer and choose an easier option. I agree that the trainers, Napier Aquatic Centre and the Napier City Council are not liable for claims, damages or injuries. I also expressly agree to use equipment correctly and operate it in a safe manner. If I have any questions concerning the exercises and use of equipment, I will talk with the trainers immediately. No change of mind cancellations will be accepted once the programme begins and payment is required before the Boot Camp commences. There is a no refund policy and it is at the discretion of Napier Aquatic Centre administration team whether credits will be given upon sighting a medical certificate due to injury or illness. Booking is not finalized unless this form is signed, handed in and payment is made.

Please circle your choice:

Programme Fee is \$120.00

- **Attend any session you like each week**
- **Unlimited entry to swim at the Napier Aquatic Centre for 8 weeks**
- **Two weeks after programme finishes you can have access to Aqua Fit classes and swim entries**
- **Private Facebook group for motivation and support**

Signature: _____ Date: _____