

VETERANS MEMORIAL SENIOR CENTER DROP-IN FITNESS PROGRAM

Thank you for your interest in participating in our Drop-In Fitness program.

Please read all instructions.

- ◆ The attached forms, listed below, must be completed and turned in at the orientation session that you will be required to attend. This applies to both new members and continuing members. **Forms will only be accepted at the orientation session. You cannot mail them in or turn them into staff.**

1. Physician's Consent Form

Note: This form requires a doctor's signature.

2. Drop in Fitness Registration Form/Liability Waiver.
3. Emergency Data Form

- ◆ Register for the orientation session for new members, or the refresher orientation session for continuing members. Orientation is free. These sessions are usually scheduled every Wednesday, but are subject to change or cancellation if enrollment is insufficient.
- ◆ **After you have completed the forms, please call Scott at (650) 823-1225 to register for an orientation session.** If you leave a message, please speak slowly and give a call back number. Your call should be returned within 72 hours.
- ◆ Turn in all three completed forms to Scott when you attend the orientation session, along with your membership fee.

18 thru 61 years of age = \$100.00 per year

62 years of age and older = \$50.00 per year (Senior Discount)

- ◆ Cash is acceptable or make your check payable to **Senior Center Fund.**
- ◆ Membership **must be renewed annually**, which requires filling out **all** enclosed forms, attending refresher orientation and making payment.
- ◆ For further information, please call (650) 823-1225.



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