



ITSY BITSY YOGA WAIVER

Personal Information & Liability Waiver:

Child's Name:		Child's Birth Date: ____/____/____	
Parent Name(s):			
Address:			
City:	State:	Zip:	
Email:		Cell Phone:	
		Home Phone:	
		Business Phone:	
Emergency Contact (Name & Phone):			
Name(s) Caregiver Attending with Child:			
Name _____		Phone _____	
Name _____		Phone _____	

I _____ (Parent Name) agree that Capitol Hill Yoga, Inc. (CHY) is in no way responsible for the safekeeping of my personal belongings while I attend class. I understand that CHY Itsy Bitsy Yoga classes include physical movements for adults and children. As is the case with any physical activity, the risk of injury is always present and cannot be entirely eliminated. If I experience any pain or discomfort, I will listen to my body, adjust the posture and ask for support from the teacher. I affirm that I alone am responsible to decide whether to take classes at CHY. I agree that neither I, my heirs, assigns or legal representatives will sue or make any other claims of any kind whatsoever against Capitol Hill Yoga, Inc. or its members for any personal injury to myself, my child, child's caregiver, property damage/loss, or wrongful death, whether caused by negligence or otherwise. I have read and agree to the CHY Itsy Bitsy Yoga policies.

Parent Signature: _____

Date: _____

641 Pennsylvania Ave. SE
Washington, DC 20003
202-448-9680

www.capitolhillyoga.com
yoga@capitolhillyoga.com



Itsy Bitsy Yoga Class Policies

General Class Policies:

Class Size & Drop-in Option: Tots and Tykes classes are held to a maximum of 12 children. Baby classes are held to a maximum of 20 children. We strongly recommend parents enroll children in the full series (6 classes/\$90), however space permitting we do offer drop-in students (\$18 fee per class. Drop-ins may apply class pass).

Late Arrivals: Class is closed 10 minutes after start time.

Parent/Caregiver Release: Capitol Hill Yoga requires every child attending Itsy Bitsy Yoga classes to have contact form and liability release signed by the parent. The liability release should include contact information of any secondary caregiver who will be attending with child.

Missed Classes: No credit or refund is offered if a student misses a class. Space providing, students may make-up up to two missed classes within the same session only (Baby makeup class will be postnatal). If the teacher cancels class for any reason a class will be added to end of session or \$15 refund offered for the single class.

Illness: Adult and child should be free of any symptoms of diarrhea, vomiting, fever, or Conjunctivitis for a full 24 hour period prior to class. For any symptoms identified or undiagnosed please consult with a Pediatrician prior to attending class.

Inclement Weather: In case of excessive snow or other poor weather conditions, please call 202-448-9680 to find out if class is canceled. Cancellation announcements are posted to website and voicemail two hours prior to the start of class.

Lobby Policies:

Stroller Parking: Due to the small size of our lobby we ask that you lock full size strollers on the bike rack outside the studio. Small strollers that easily fold down may be brought down the stairs into the lobby.

Shoes and Belongings: Please remove and place shoes, umbrellas and coats in lobby prior to entering the studio. Bags and valuables can be placed in cubbies inside the studio. Please leave toys, lovies, & blankets at home or in your bag. Please keep all personal belongings out of reach during class.

Diapers: Please pack all diapers out of the studio.

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Studio Policies:

Parent/Caregiver Participation: Itsy Bitsy Yoga promotes a bond between child and caregiver (parent, grandparent and/or nanny). It is important that you are *present* and fully participate with your child during class. The more yoga you do, the more yoga your child will do. Please discuss any physical limitations with instructor.

Visitors: Please refrain from bringing visitors to watch class. As with most yoga classes, we learn through embodying the practice and supporting a non-judgmental space for all participants. This includes non-enrolled students and siblings (unless within the age range for the class) or with prior permission from teacher.

Food and Drink: Babies may be breast/bottle fed anytime during class. No further food or drink is allowed in the studio. You may excuse yourself to the lobby if your child needs a drink or snack during class.

Photography: Please refrain from taking pictures during class.

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