

Hi folks!

Our October Newsletter, with a full and detailed calendar of activities and programs, will be available on or about Sept. 28. But for now I'm pleased to provide a few updates on our fitness classes.

We're pleased to offer two fitness classes to choose from this fall. For your safety and comfort, and to comply with all requirements around social distancing and Covid safety, class sizes have been capped and additional cleaning and disinfecting procedures have been implemented.

Because we are not able to offer programs right now which involve high levels of cardio, heavy breathing and lots of movement, we are going to begin this fall with chair fitness classes.

Here are your class options:

- We will begin a 10-week session of Chair Fit on Friday, Oct. 16. Class will run 10 am to 11 am in our auditorium for 10 weeks and costs \$20/members, \$40/non-members.
- We will also offer a Monday Chair Fit program starting Monday, Oct. 19. Class will run 10 am – 11 am in our auditorium and costs \$20/members, \$40/non-members.

If you'd like to sign up for one (or both) classes:

If you'd like to sign up, please call us at 688-2520. We'll collect some information from you over the phone so we can create a profile for you in our computer system, and we'll schedule a time for you to come in and pay for your program. By scheduling payment appointments in advance, we hope to avoid backlogs in our reception area when programs return, which will make things flow more smoothly once we reopen.

When you come to pay for your program, please remember that masks are required in this facility. Please use the sanitizer dispenser located between the front doors to clean your hands before entering the building. When you arrive, we'll ask you a few short questions as part of our standard Covid-19 screening process. If you pass, you can proceed to our office area to pay for your program(s) and to sign our new Covid-19 waiver, which I will attach below.

Please note, we accept payment by cash or cheque, but if paying cash, please endeavour to bring exact change as we have a limited ability to make change. We can also use any credit remaining on your account from programs cancelled before Covid.

When you come to class for the first time, here are a few things to know:

- Please arrive a few minutes before your class is scheduled to begin, and report to the reception area for screening. After screening, please go directly to your program area
- Please bring your own water bottle.
- Please leave your mask on until instructed otherwise by the teacher.
- A limited number of exercise bands are available and one will be given to you to use in class when you pay for your program. Please bring it with you to class, or bring a band from home.

If you have any further questions, please call me at 688-2520 between 8:30 am and 4 pm daily. Similar updates will follow at a later date – stay tuned!

Covid-19 Waiver, Tillsonburg Senior Centre

I understand that there is an inherent risk of exposure to Covid-19 while participating in recreational programs at the Tillsonburg Senior Centre. I understand and agree to be subject to passing a screening test before entering the facility, and I agree to the following **Conditions of Use** while I am there:

- I will avoid touching my eyes, nose, and mouth.
- I will maintain a physical distance of 2 metres or 6 feet between myself and others at all times.
- I will wash my hands with soap & water for at least 20 seconds & use hand sanitizer before entering the facility, after using the washroom or before or after engaging in activities.
- I will cover my mouth with Kleenex, sneeze, or cough into my elbow.
- Where applicable, I will wipe down equipment prior to and after use.
- I will be prepared to wear mask or face covering.

I confirm having read and understood the **Conditions of Use**, and I agree to them.

I acknowledge that I am responsible for compliance with the **Conditions of Use** and hereby indemnify and save harmless the Tillsonburg Senior Centre, its directors, officers and staff from and against any and all losses, claims, actions, damages, liability and expenses, including all claims for personal injury, illness or death, arising from the COVID-19 virus, arising from my failure to comply with the **Conditions of Use**, or from any act or omission by me arising from my use of or presence at any Tillsonburg Senior Centre facilities.

I waive any and all claims against, release from liability and agree not to sue the Tillsonburg Senior Centre, its members, officers, employees, agents and representatives, for any personal injury, illness, death or any other loss sustained by me arising out of, or in connection with my participation in Tillsonburg Senior Centre activities, programs, and facility use, including any loss arising from the COVID-19 virus.

Name (print): _____

Name (Sign): _____

Date: _____

Phone Number: _____