



Wednesday Nights

June 9th – July 28th

5:30-6:30pm

(All sessions meet at Bluffton Middle
School door #4)



This 8-week program for adults is tailored to help YOU meet YOUR goals – whether it’s going from being a couch potato to walking regularly, or increasing from 3 miles to 6, or going from a 20-minute mile to a 15-minute mile. This program is geared to help motivate you to achieve your walking goals while increasing your knowledge of nutrition, injury prevention, shoe selection, training strategies, and so much more. The program is directed by a trained wellness coach and licensed health & physical educator.

Registration is required for this life-changing program which fills up quickly so reserve your space today by contacting the parks department (parks@blufftonindiana.gov or 824-6069). The program is only \$10 due the first night. Program participants must be healthy enough to participate in moderately intense physical activity and be medically able to walk at least 15 minutes. Please bring your own filled water bottle with you each time.

SUMMER STRIDERS

WAIVER AND RELEASE FROM LIABILITY

I, _____, on behalf of myself, my executors, administrators, heirs, next of kin, successors and assigns, HEREBY WAIVE, RELEASE AND DISCHARGE from any and all claims or liabilities for death, personal injury, property damage, theft or damages of any kind, whether or not attributable to the negligence of the releasees, the City of Bluffton, the Mayor of Bluffton, the Common Council of the City of Bluffton, the Bluffton Parks & Recreation Department, the Bluffton Board of Public Works and Safety and any agents, successors, assigns, instructors, volunteers or employees of any of the foregoing which may arise out of the use of the Bluffton Parks & Recreation Department Summer Striders program.

I HEREBY AGREE NOT TO SUE any of the persons or entities mentioned above for any of the claims or liabilities that I have waived, released or discharged herein.

I AGREE TO INDEMNIFY AND HOLD HARMLESS the City of Bluffton or any person or entity mentioned above from and against any and all damages, losses, liabilities, obligations, penalties, claims, litigation, demands, defenses, judgments, suits, proceedings, cost, disbursements or expenses of any kind or nature whatsoever (including, without limitation, attorney's fees and experts fees and disbursements) which may at any time be imposed upon, incurred by or asserted or awarded against an of the releasees identified above which relates to or in any way arises out of my acts or omissions in connection with mine or my child's participation in the Summer Striders program.

I HEREBY AFFIRM that I am 18 years of age or older and that I have read and understand the foregoing.

Date: _____

Adult Participant Signature

Adult Participant Printed Name