



Tai Chi at SHPC. Randy Sheets (SHPC music director) will lead a series of classes for beginners or experienced tai chi players on Monday mornings from 10:30-11:00 in our Fellowship Hall. If you have questions, or wonder if Tai Chi is for you and your physical condition, please contact Randy at the church or at [rsheets@shpc.us](mailto:rsheets@shpc.us). Come join us for this practice known as “moving meditation.”

- What: Tai Chi Exercise Class
- Who is invited: Anyone. (contact Randy Sheets if you have questions.)
- Cost: No charge
- Where: Fellowship Hall
- When?
  - *Monday, Oct. 15. 10:00 registration & orientation*
    - *10:30 - 11:00 class*
  - *Monday, Oct. 22, 10:30- 11:00*
  - *Monday, Oct. 29, 10:30- 11:00*
  - *Monday, Nov. 4, 10:30- 11:00*
- What to wear/bring: wear comfortable shoes (or go barefoot) and loose clothes in which you can move freely. Bring a bottle of water if you wish.

## Spring Hill Presbyterian Church Activity Registration Form *Tai Chi Classes*

PLEASE PRINT THIS FORM, COMPLETE AND SIGN IT, AND RETURN TO RANDY SHEETS  
OR BRING TO THE FIRST CLASS

Name: \_\_\_\_\_

**Contact information:** *(please check the box for the best way to contact you with late-breaking, time-sensitive news about Tai Chi class, for example, if a memorial service is scheduled at our class time.)*

- Email \_\_\_\_\_
- Cell Phone/text message \_\_\_\_\_
- Landline/voice message \_\_\_\_\_

### Activity Release of Liability

I, the undersigned, acknowledge I am voluntarily participating in this activity and assume all risk of injuries or losses, which may result from participating in this activity, and I acknowledge it is recommended I consult with my physician for advice before participating in any physical activity. I, on behalf of myself, my personal representatives, and assignees do hereby release Spring Hill Presbyterian Church, its officers, agents, representatives, servants, employees, and all others from any and all liability for all claims, actions, suits, controversies, damages and claims at law or in equity which may result from my participation.

For individuals under 18 years of age, a parent must sign in lieu of the minor's consent:

Signature of Participant or Legal Guardian of Participant:

\_\_\_\_\_

Date of Signature \_\_\_\_\_

Please indicate your anticipated dates of participation by checking the appropriate boxes.

- ☐ Monday, October 15
- ☐ Monday, October 22
- ☐ Monday, October 29
- ☐ Monday, November 4

Comments: \_\_\_\_\_