

Lexington Community Education  
251 Waltham Street  
Lexington, MA 02420  
781 862 8043  
[www.lexingtoncommunityed.org](http://www.lexingtoncommunityed.org)

**EXERCISE RELEASE**

Participants in Lexington Community Education exercise, sports or dance classes ought to have a good understanding of their overall health and any health problems BEFORE they commence this physical exercise program. If there is any doubt about starting this program, participants are strongly advised to check with their health care provider FIRST.

By registering for these exercise, sports or dance classes, students agree to release and save harmless the Lexington Public Schools, its officers, employees, agents and attorneys from any and all liability or expenses arising out of any incident involving, or on account of any injury to the student in connection with such program.

In other words, adult students freely choose to participate in the Lexington Community Education exercise, sports, or dance classes, and shall not hold the Town or its representatives responsible should an injury occur due to these classes.

\_\_\_\_\_  
Student Name/Signature      Parent/Guardian Signature

\_\_\_\_\_  
Date