



**Jardins de Naissance**  
Birth gardens

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### **Prenatal Aquatics Participation Waiver**

Wellness and Safety is our primary concern.

Lessons are very relaxing; there is no intensive physical exercise.

It is the client's responsibility to ensure that their health is in good condition and no medical reason to prevent participation in the prenatal aquatic class.

The client acknowledges and agrees that she will discuss any health or medical concerns with their physician or other health professional prior to joining the class.

I, \_\_\_\_\_ confirm that I am in good condition to participate  
Print Full Name

in the prenatal aquatic class, and Jardins de Naissance / Birth Garden and the swimming pool are not held accountable for any issue.

Without this waiver, you will not be allowed to participate to the class.

**Patient Signature**

**Date**

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