

ONLINE FALL PREVENTION CLASS CONTRACT

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I welcome you to my newly created online classes. This document addresses what you need to know if you'd like to participate in my live streaming online fall prevention classes - a reminder that this class involves seated exercise and basic 8-form Tai Chi. I feel these will meet the need for all of us to stay connected and keep active at this time of rapidly changing social and wellbeing choices. Please read the following carefully. I'll be happy to address all your questions and concerns as we do this together.

ONLINE CLASS STRUCTURE: Things to know.....

When you purchase an 8-class package, classes will be held two per week for four weeks. Think in terms of a month of class. Semi-private classes are also purchased in bundles of 8 classes and scheduling of day/time will be discussed by the instructor. Private classes are arranged with instructor as time permits. You will have an opportunity to consider the available time slot and reserve your space before committing as a group.

You agree to be signed in online, through the link sent by the instructor in your emailed class invite, five minutes prior to the start of class time. The instructor will open the class to each person waiting at that time. If you are not signed in and waiting online 5 minutes prior to the start of class time, you will not be able to join in the class as the webinar program blocks late comers from the instructor's view once the class starts.

GETTING READY FOR YOUR ONLINE CLASS:

The online classes require some technological setup on the participants part - but don't worry, the instructor has a plan for that. After you contact her for class possibility, she will go over what you have and what you may need in the way of devices, connections, etc. After her assessment and your own technical skill level, you may be able to easily establish all you need over the phone with her assistance. This tech check for computer compatibility with the Zoom webinar streaming platform being used is done prior to any attendance or payment commitment.

If you are in need of detailed technical assistance to setup your equipment and establish the Zoom connection, as well as learn to use the online program, you will be referred to a special, trusted private technician. The instructor has worked diligently with this technician to ensure that he is completely familiar with the needs of this class. No worries, he's patient! He will guide you to set up your electronic devices by using remote direction. No in-person house call necessary. This technician has a separate, fair hourly fee associated with his work and will keep the time to a minimum. The name and contact information will be forwarded to you upon request. Please remember the instructor has only minimal technical

skill to guide you and will tell you when your questions are better directed to the private technician.

HERE'S WHAT YOU NEED TO PARTICIPATE FROM HOME:

NECESSARY TECHNICAL REQUIREMENTS:

Adequate internet connection.

A device such as a desktop computer, laptop, or tablet that has a built in or external camera that can capture you in a seated position from head to foot and in a standing position from head to foot. The instructor will be able to assess this for you.

COMPUTER NAVIGATING SKILLS NEEDED:

The ability to load the webinar streaming platform called Zoom onto your device.

The ability to click on invite links sent by the host instructor to your email which will take you to the Zoom internet meeting space.

The ability to find and use the commands on the participant screen to mute or unmute conversation during the class.

CLASS PAYMENTS REQUIREMENTS:

You agree to having a credit card on file with Square. Square is our credit card merchant; and for your data safety, they are secured by PCI compliance similar to PayPal. Nothing is saved on instructor devices.

You agree that Everyday Brain Fitness And Bioflex Laser can credit this card for the agreed amount. Payment receipt is sent electronically to your email.

Your credit card will be charged before the first class once you committed. You agree to purchase online classes in 8-class packages. No single class purchases.

Please Note: there are no reimbursements after you have accepted and reserved a group space and paid the 8-class fee. Nor can you apply an unattended class toward the next 8-class package. Yikes, that would be a bookkeeping nightmare filled with extra fees! Regardless of attendance, class size is limited and you will have reserved a spot that cannot be filled by anyone else until the next 8-class session begins.

CLASS FEES:

Weekly Private individual sessions are \$50 for 50 minutes.

Total 4-class package fee: \$200.

Semi-private 8 classes twice weekly: \$26 for 50 minutes with 2 participants and instructor.

Total package fee per person: \$202.

A four week group session: \$13 per person for 50 minutes with 4 participants and instructor. 4 participants is the maximum limit for each group class established. Talk with the instructor about inviting 3 of your friends to establish your 4-person group.

Total Package 8 classes for four weeks fee per group person: \$104.

****Please Note: The instructor has developed these online classes to try to meet the needs of community members who are vulnerable and at risk for detrimental changes in their wellness due to the increased social distancing and isolation imposed by protective choices necessary because of the novel coronavirus. The development and maintenance of the classes is substantial so Everyday Brain Fitness will not be able to offer sliding scale fee payments. If you'd like to include a donation payment for a friend in financial need, please discuss with the instructor. Much gratitude for your understanding in this choice.

IF YOU CANCEL YOUR ATTENDANCE AT ONLINE CLASS:

While forming the 4-person group classes, the instructor will advise the interested participants if a fourth person is not available. The other 3 will have the option of increasing their per person class fee (\$17.50) to continue on and reserve a class timeslot, participating as a class of 3 rather than 4.

There will be a waiting list and newcomers will be added wherever an opening occurs, such as to a class of 3. If you need to drop out for any reason, you will be added to the waiting list and can rejoin as openings occur.

I agree to the above and look forward to online classes.

Please electronically sign and return. It would be awesome if you could electronically save as a locked PDF after signing and send to me. But sending just this last page as a copy and paste into an email to me will work just fine as well. It will display a date stamp and be put into your file.

Name _____

Date _____

Email _____

Phone _____

The information for the remote technician:

Your Tech Therapist
Michael Abraham, Owner
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