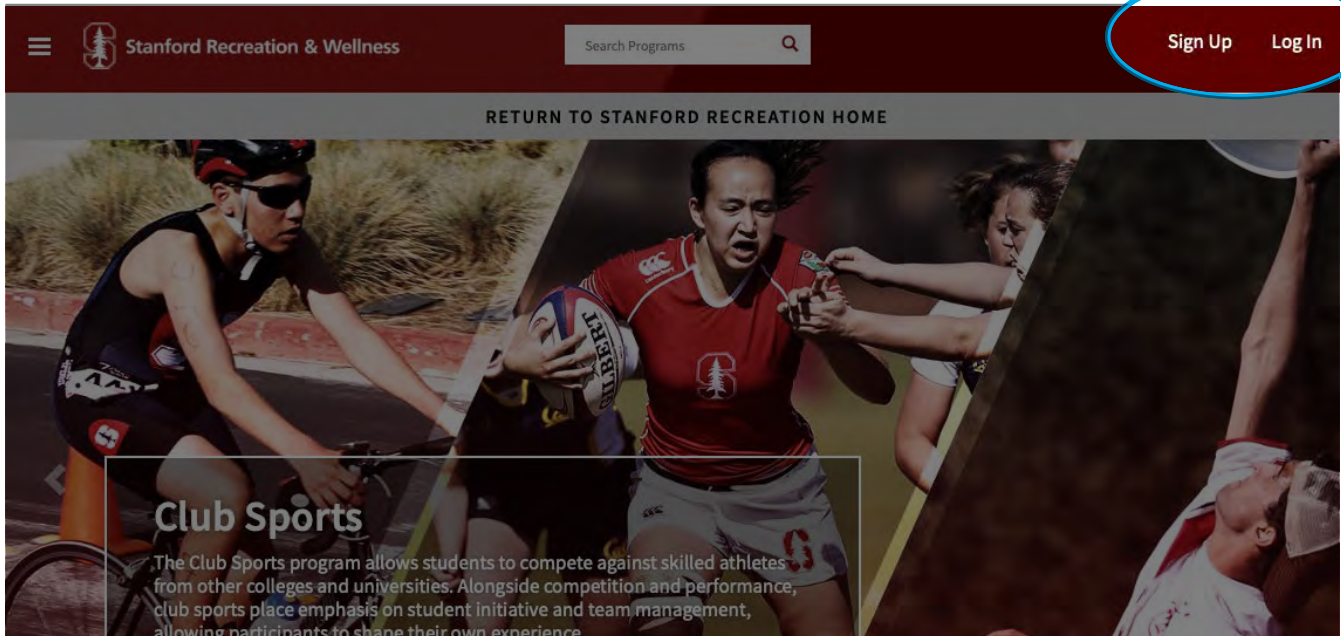


How to register for Stanford Recreation & Wellness classes

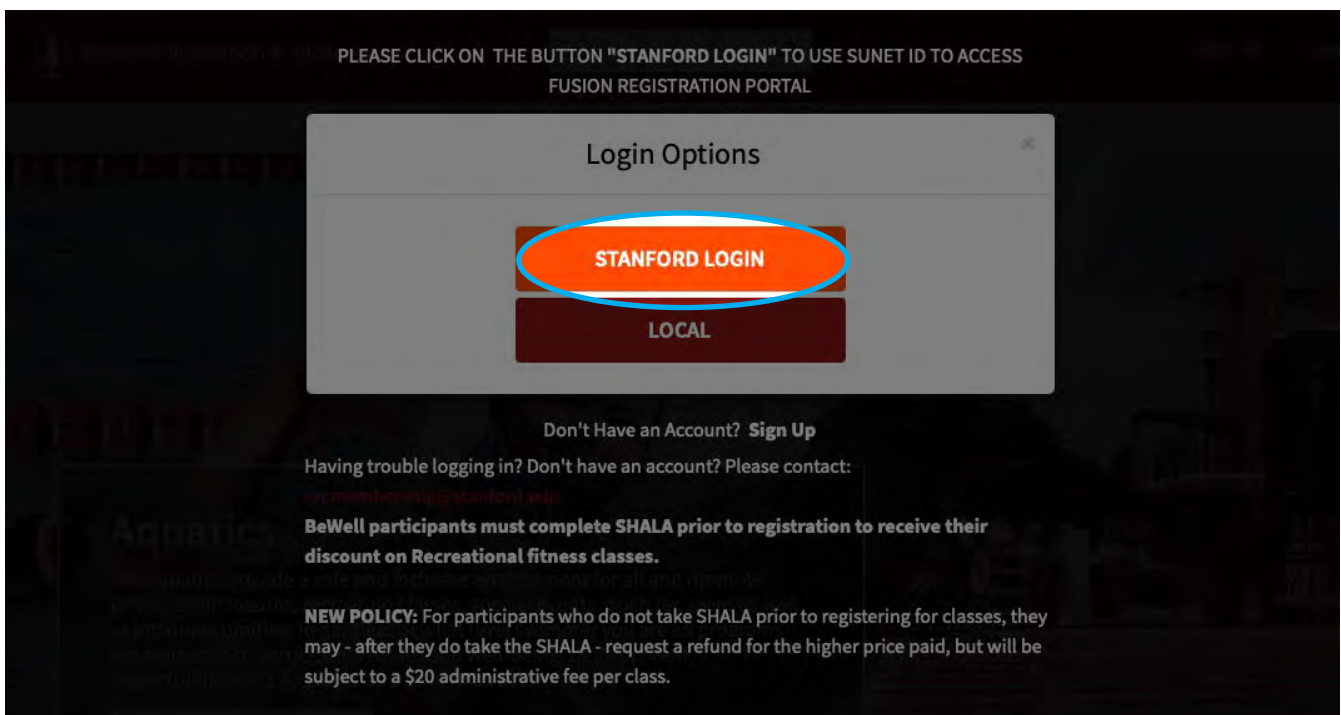
A STEP-BY-STEP TUTORIAL

1 Log in at recwell.stanford.edu.

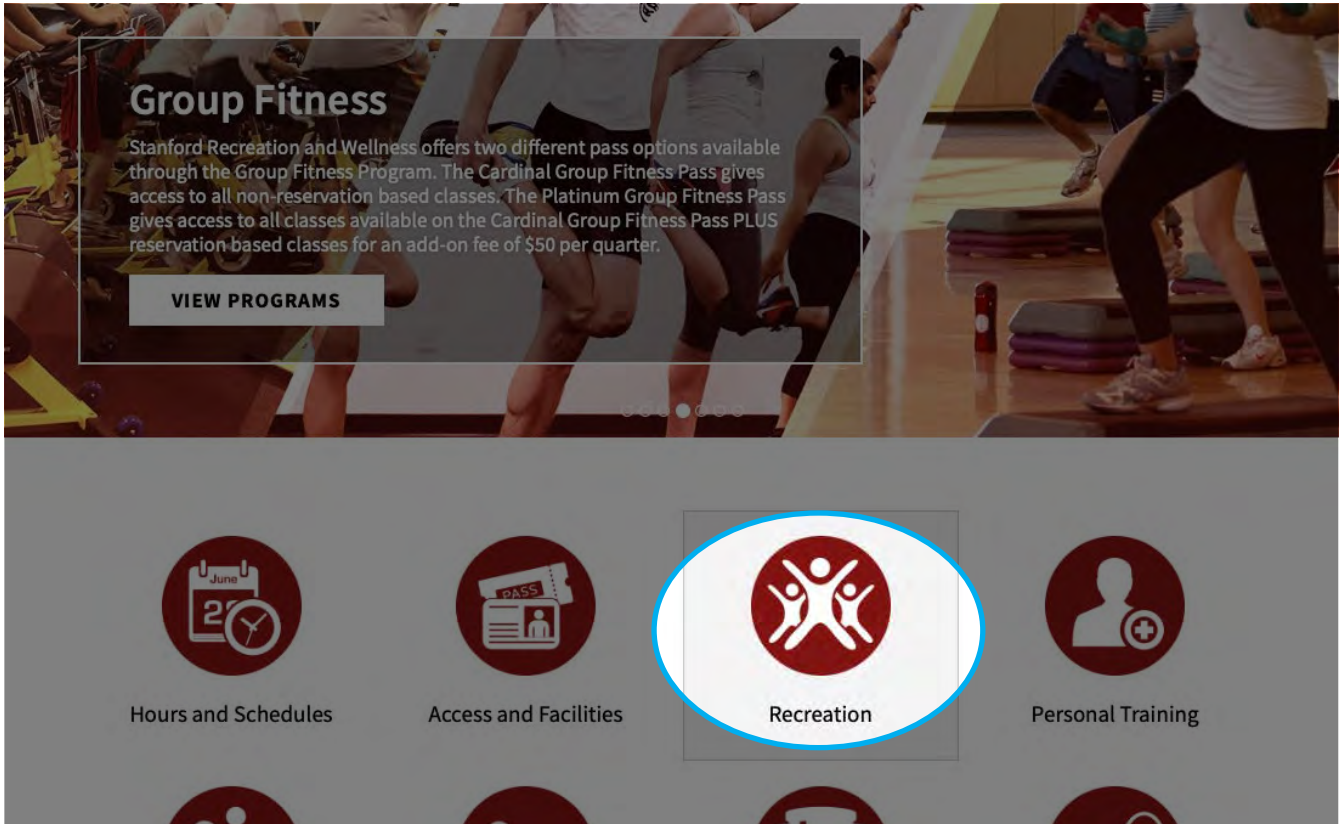


2 Use **Stanford Login** only to log in.* Will take you to Web Auth.

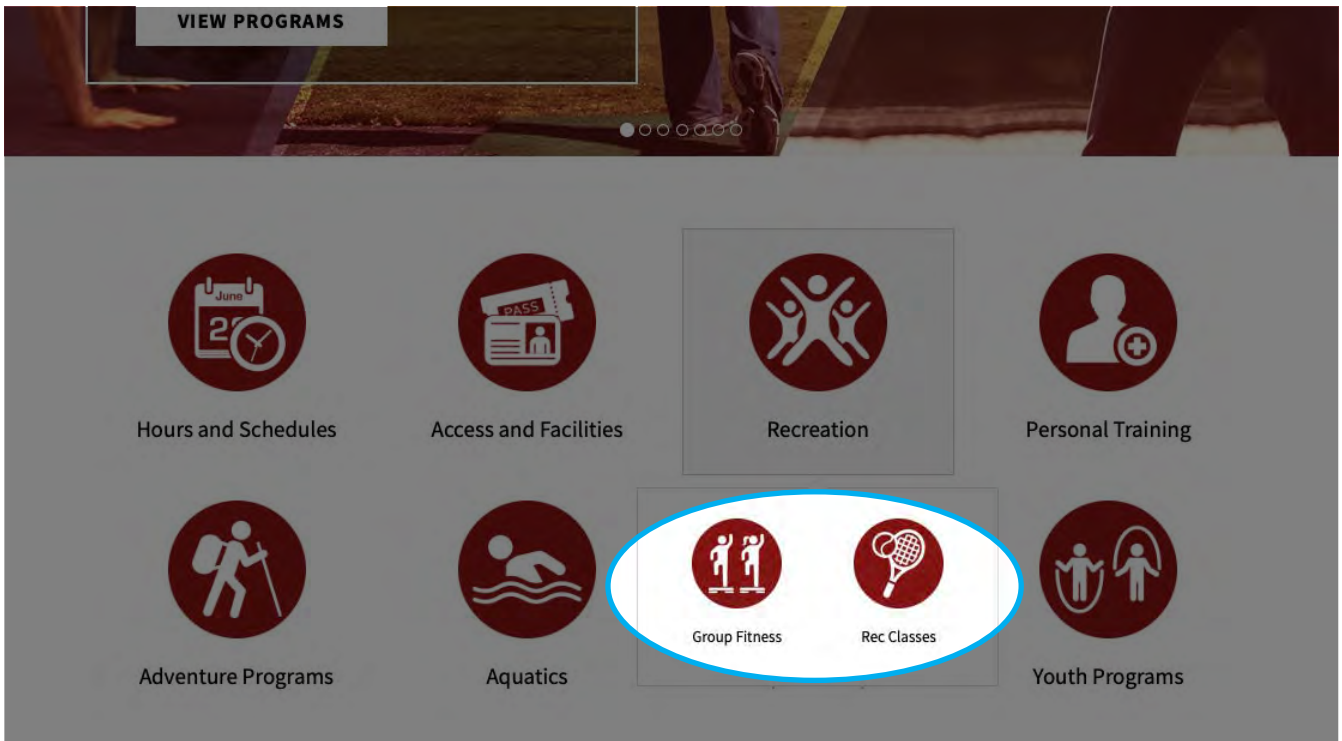
**If you do not have a SUNet ID, but are eligible for a courtesy card, please visit the front desk of either fitness center or email recmembership@stanford.edu with the following information and a picture of your courtesy card: Full name, Date of Birth, Email, Phone number, Affiliation to Stanford. We will assist you in setting up an account.*



3 Returning to main menu click on **Recreation!**








4 Click on **Group Fitness** or **Rec Classes** based on what type of class you are looking for.



5 Select from a variety of different offerings.

Search Programs

Classification	All Categories	
All Classifications	    	Ashtanga Yoga Ashtanga yoga will be taught in the Mysore style jointly with Anne Finstad, Robbie Cavallero, and Beata Skrzypacz (authorized Instructors by the Ashtanga Yoga Research Institute in... \$60.00 - \$70.00
Adventure Program Courses		Golf (Once a Week) Golf courses for all skill levels! Fees Students/Post-docs: \$205/twice per week, \$155/once per week Staff and faculty: \$260/twice per week, \$200/once per week Alumni, hospital... \$200.00 - \$245.00
Aquatics		Golf (Twice a Week) Golf courses for all skill levels! Fees Students/Post-docs: \$205/twice per week, \$155/once per week Staff and faculty: \$260/twice per week, \$200/once per week Alumni, hospital... \$260.00 - \$315.00
Climbing		Olympic Weightlifting The class will also include progressive programming to improve strength specific to the Olympic Lifts and will span 8 weeks. \$195.00 - \$225.00
Group Fitness		Platform and Lifting Etiquette and Safety Class This 45-minute class will instruct participants on the rules and etiquette related to Olympic lifting at ACSR (341 Galvez). In addition to key safety procedures, brief technique ev... \$30.00
Recreation		
Semesters		
Summer Quarter 2019		
Category		
All Categories		
Golf		
Olympic Weightlifting		
Running		
Tennis		
Yoga		

6 Select a class level and time that best works with your schedule.

Advanced (M/W 11:00 - 11:50 AM) with Corinne Mansourian Summer Quarter 2019 \$60.00
5 spot(s) available **REGISTER**

Summary	Dates	Time	Location	Status
every Monday and Wednesday from 11:00 AM to 11:50 AM	Starting Mon, Jun 17 2019 and Ending Fri, Aug 9 2019	11:00 AM to 11:50 AM	West Campus Tennis Courts	

Advanced; This course focuses on drills that emphasize footwork, serve and return, approach shots, volleys, lobs, and overheads. Student will also learn strategies for competition in singles and doubles. Prerequisite: above average strokes and game playing ability; NTRP equivalent rating of 4.0 or above.

*****Please note that this class starts and ends earlier than our other offerings**

Intermediate (Fridays 10:00 - 11:40 AM) with Corinne Mansourian Summer Quarter 2019 \$60.00
6 spot(s) available **REGISTER**

Summary	Dates	Time	Location	Status
every Friday from 10:00 AM to 11:40 AM	Starting Fri, Jun 21 2019 and Ending Fri, Aug 9 2019	10:00 AM to 11:40 AM	West Campus Tennis Courts	

Intermediate; This course is designed to review the fundamental strokes and their use in a game situation along with singles and doubles tactics. Prerequisite: average ability in fundamental strokes, and regular playing experience; NTRP rating of 3.0 or equivalent.

*****Please note that this class starts and ends earlier than our other offerings**

7 Read and scroll to bottom of waiver.

RETURN TO STANFORD RECREATION HOME

Waiver - 18-19 Stanford RecWell Waiver

Tennis - All Levels

Please read the following waiver carefully

Stanford University

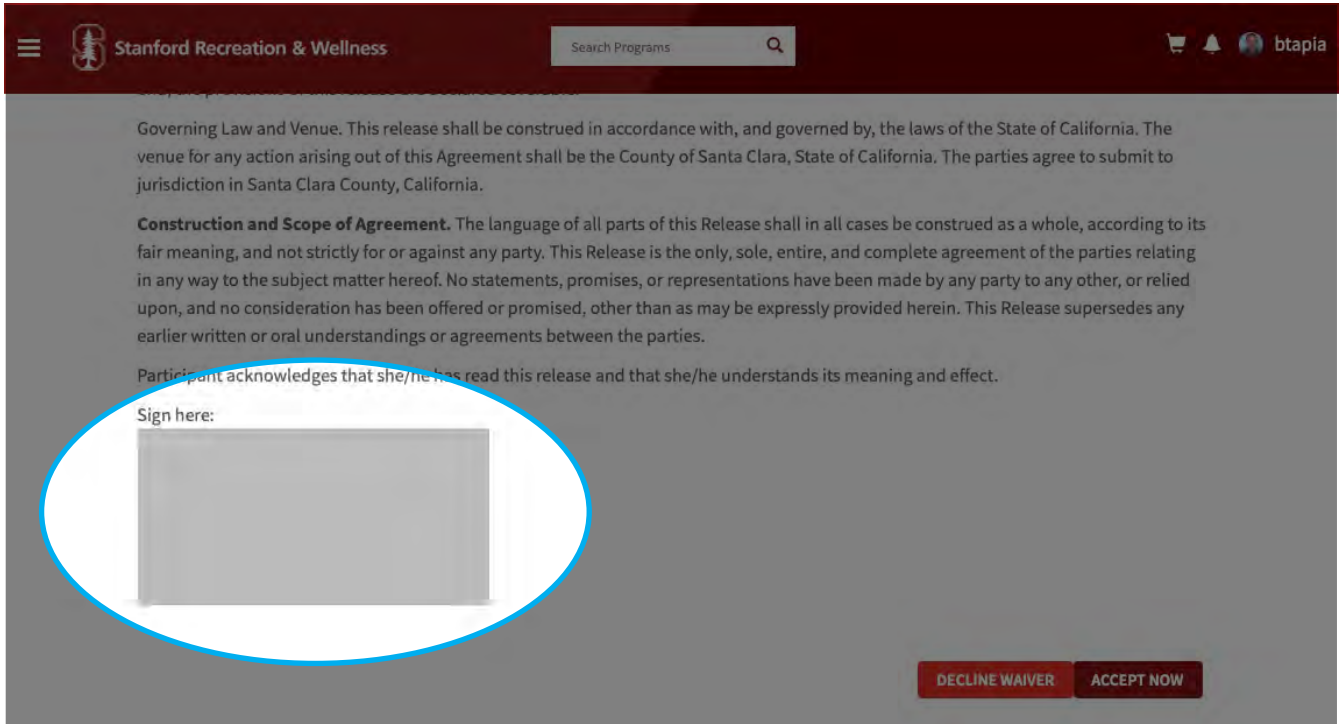
Non-Varsity Athletic Liability Release and Waiver

PLEASE USE SCROLL BAR TO GET BOTTOM OF WAIVER TO ELECTRONICALLY SIGN DOCUMENT

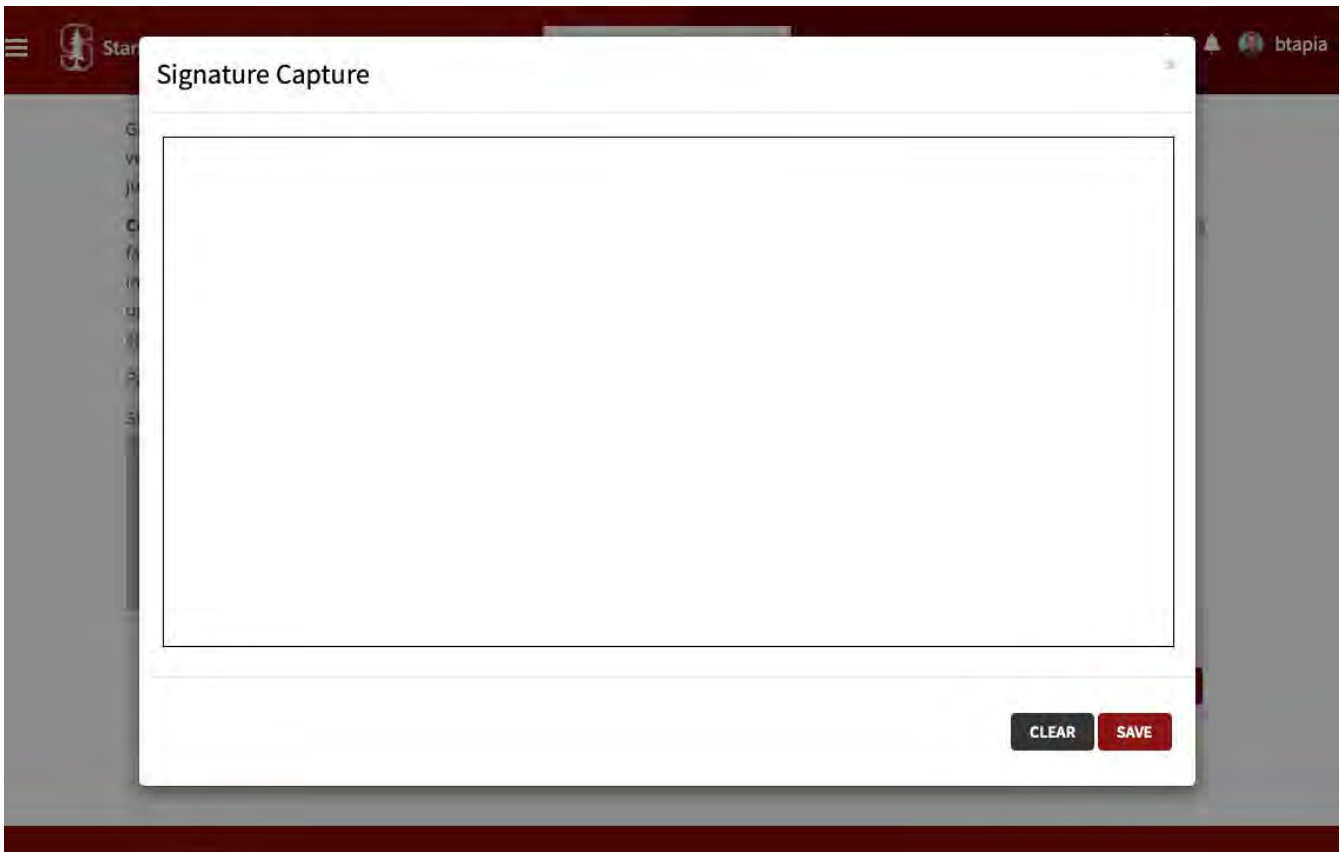
The parties to this Release are (name of Participant whose electronic signature appears below), or (Participant's parents or legal guardian, if participant is under 18), all referred to hereafter jointly and severally as "Participant", and The Board of Trustees of the Leland Stanford Junior University (hereafter "Stanford"). The Participant, with the consent of the Participant's parents or legal guardian (where applicable), has chosen to participate in the Stanford Recreation Class or **BeWell/Health Improvement Class** that pertains to this individual registration (hereafter "Activity"). Participant further understands that **participation in this Activity is entirely voluntary. Any decision not to participate in this Activity will have no negative consequence (academic or otherwise) to Participant**



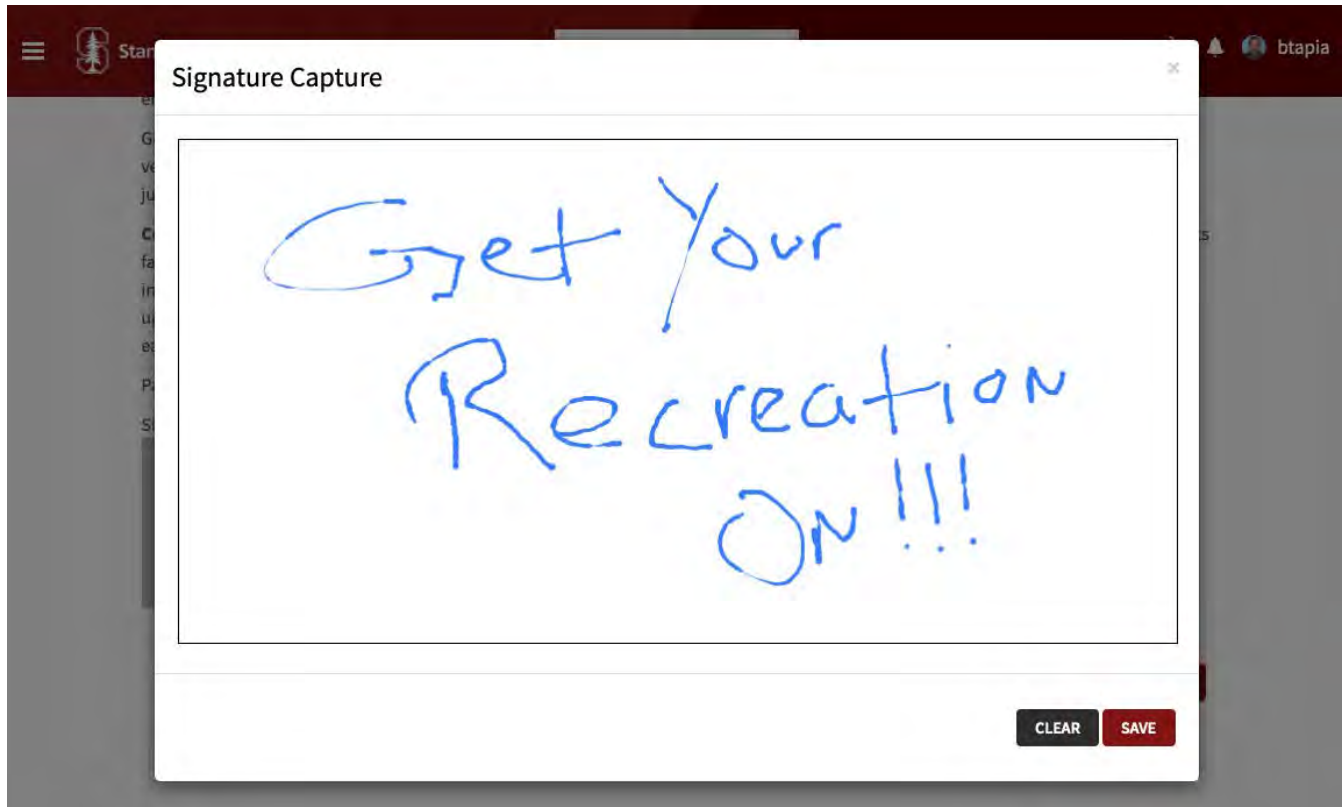
8

 Click the gray box to sign the waiver.

9

 Signature Capture Box will the appear and use your mouse to draw your signature.

10 Sign your name.



11 Enter emergency contact(s).



Please provide the following information

Emergency Contacts

First Name	Last Name	Home	Mobile	Email	
Sarah	Tapia	(888) 888-8888		sara@email.com	DELETE
Tara	Weber	(555) 555-5555		tara@email.com	DELETE

ADD A NEW EMERGENCY CONTACT

CANCEL CONTINUE

12

 Verify your cart and click **Checkout**.

Stanford Recreation & Wellness

Search Programs

RETURN TO STANFORD RECREATION HOME

Shopping Cart

Bernardo Tapia

O-36221

Item	Customer Name	Quantity	Unit Price	Total	
Program: Tennis - All Levels Program Offering: Intermediate (Fridays 10:00 - 11:40 AM) with Corinne Mansourian	Bernardo Tapia	1	\$60.00	\$60.00	REMOVE

Enter promo code... **APPLY**

Subtotal: \$60.00
Tax: \$0.00
Total: \$60.00

CONTINUE SHOPPING **CHECKOUT**

13

 Proceed to payment page.

Stanford Recreation & Wellness

Checkout

Clicking "Save Card" or "Checkout" Will take you to an external site

- Do not click **BACK** on your browser
- Do not click **Refresh/FS** on your browser
- Processing may take a few minutes

SAVE A NEW CARD

CHECKOUT

CANCEL **MANAGE CARDS**

Shopping Cart

Bernardo Tapia

O-36221

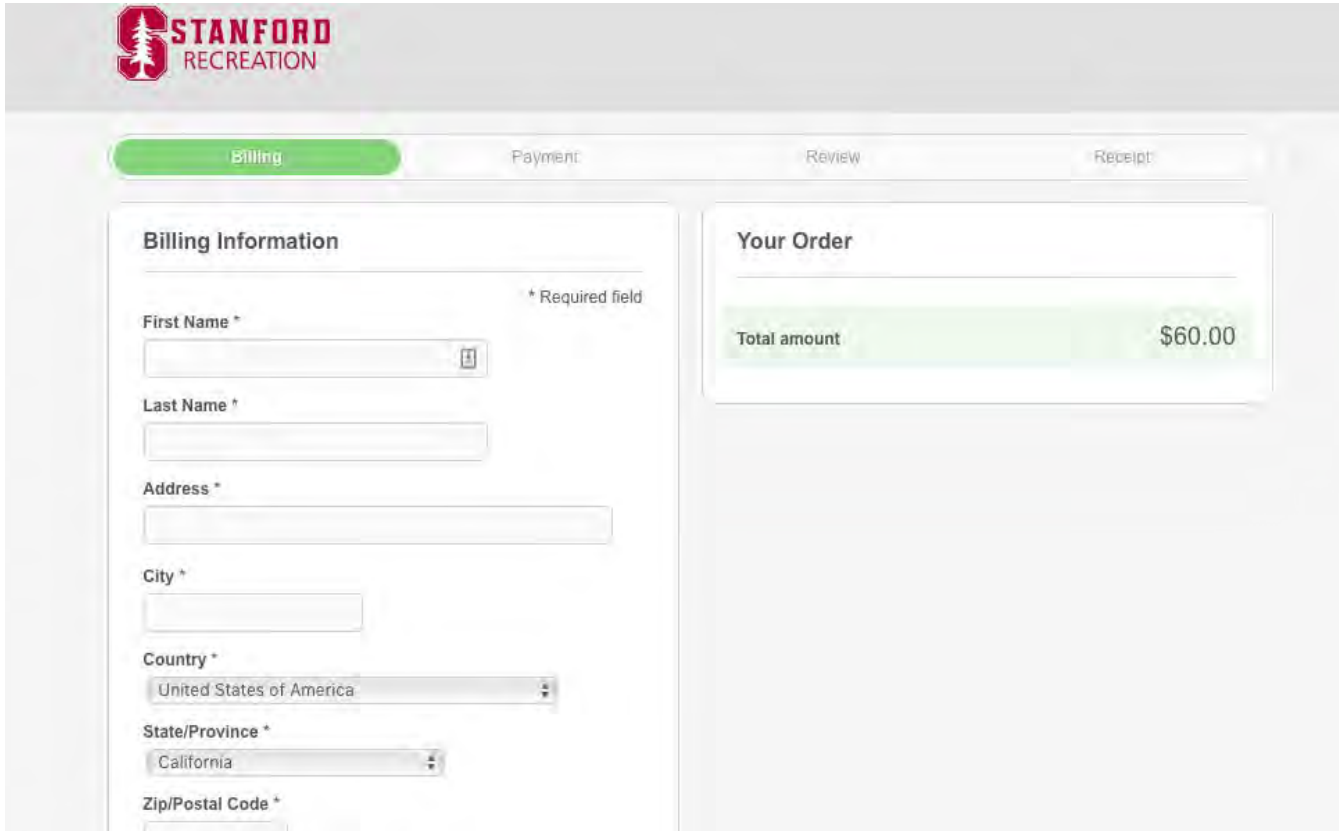
Item	Total	
Program: Tennis - All Levels Program Offering: Intermediate	\$60.00	REMOVE

Subtotal: \$60.00
Tax: \$0.00
Total: \$60.00

CONTINUE SHOPPING **CHECKOUT**

Refund Policy

14 Complete your billing info.



The image shows a web form for Stanford Recreation. At the top left is the Stanford Recreation logo. Below it are four tabs: 'Billing' (highlighted in green), 'Payment', 'Review', and 'Receipt'. The 'Billing Information' section contains several required fields: First Name, Last Name, Address, City, Country (dropdown menu showing 'United States of America'), State/Province (dropdown menu showing 'California'), and Zip/Postal Code. A '* Required field' label is positioned to the right of the First Name field. To the right of the form is a 'Your Order' summary box with a green background, displaying 'Total amount' as '\$60.00'.

15 Success (hopefully)!

Your order was processed successfully

Payment was Successful
A receipt has been sent to you.

Bernardo Tapia O-36225

Item	Customer Name	Quantity	Unit Price	Total	
Program: Tennis - All Levels	Bernardo Tapia	1	\$60.00	\$0.00	CONFIRMATION
Program Offering: Intermediate (Fridays 10:00 - 11:40 AM) with Corinne Mansourni			-\$60.00		
Program Code: Coordinator100					

Subtotal: \$60.00
My Savings: -\$60.00
Tax: \$0.00
Total: \$0.00

Refund Policy

Participants enrolled in a program or class may transfer or withdraw until 7 days prior to the program start date. Transfers or refunds within 7 days, but before, the program start date will only be issued if a waiting list is active for the program and must be authorized by the Program Coordinator. Once the program has begun only a pro-rated credit will be issued. Programs, camps or classes may be cancelled if minimum registration numbers are not obtained prior to the start date. In this case a full refund will be issued. If a class is cancelled by Organization Name, or due to weather it will be rescheduled at the next available time.