



KEARNY RECREATION DEPARTMENT

PRESENTS

YOGA

Objective: This 6-week program will provide instruction in the Art of Yoga. Yoga will help increase your flexibility and relieve stress from your everyday living.

Open to: Kearny Residents 16 years of age and older.

Dates: Classes Begin on Monday, September 14 through Wednesday, October 21, 2016

Time: Classes will be from 6:45pm – 8:00pm Mondays
7:00pm – 8:15pm Wednesdays

Location: Hartung Recreation Center 925 Passaic Avenue

Fee: \$40.00 per person for one night only or \$ 60.00 for both nights.

We will need a minimum of eight (8) students for a class.

Please contact the Recreation Department at 201-955-7983 with any questions.

This program is open to Kearny Residents only.

Yoga

Name_____Phone_____Emergency Number_____

Address_____Date of Birth_____Email_____

Health Insurance Carrier:_____Policy#_____

Please make checks payable to and return to: Kearny Recreation/ Yoga
402 Kearny Avenue, Kearny, NJ 07032

I/We the parent/guardian/adult of the above named individual do hereby give my/our approval to his/her participation in any and all activities. I/We assume all risks and hazards incidental to the conduct of the activities and transportation to and from the activities: and do further hereby release, absolve, indemnify and hold harmless the Town of Kearny and organizers, sponsors, or any of the supervisors appointed by them.

Parent/Guardian/Adult Signature_____Date:_____