

***Garden City Recreation and Parks Department
Adult Yoga Spring Session***

Connie McKnight, our certified yoga instructor, has designed adult yoga classes with all ages in mind. Our yoga class will be offered on Wednesday mornings at 9 am at the Senior Center on Golf Club Lane. This 10 week program will begin on Wednesday, March 7th. The cost of this class will be \$90.

To register, please fill out the form below and return to the Recreation and Parks Office at 108 Rockaway Avenue.

Classes will meet – March 7, 14, 21, 28, April 4, 11, 18, 25, May 2, 9

Wednesday Adult Yoga – Spring 2018

Name _____ Phone _____

Address _____ Birthdate _____

Email _____ Emergency _____

Cost: \$90

I certify that I am in good health and able to participate in the activity listed above. I understand that there are risks associated with participating in these activities and hold harmless the Inc. Village of Garden City, its officers, agents, and employees.

Signature _____

Please include the registration fee of \$90 with this form. Drop or mail this form to the Garden City Recreation Dept. at 108 Rockaway Ave. Please make checks payable to the Inc. Village of Garden City.

