



Northampton Aquatic & Family Center
at JFK Middle School, 100 Bridge Road, Florence, MA 01062

Beginners Yoga Winter 2017

Instructor Beth will break down a variety of yoga poses to teach participants how to better align their bodies. Explore breathing and meditation techniques to help quiet your mind.

February 13 – April 10
(No class February 20)

Day: Mondays
Time: 6:00 - 7:00 PM
Location: Aquatic & Family Center
Fee: \$55 /\$60 /\$70 - (8 weeks)

Fees listed in the order of Member/Non-member Resident/Non-Resident

End your day on a yoga high, leaving tension and stress behind! This course is designed for folks who are new to yoga or want to get back to basics. We'll explore a variety of basic yoga poses, including standing poses to build strength, backbends, twists, and forward bends to maintain flexibility. Throughout each class we'll discover how to align our bodies safely in the poses and how to move our body with the rhythm of our breath. Breathing and meditation techniques will also be explored to help quiet our minds and relax more deeply. If you want to gain a deeper understanding of the yoga practice, experience more ease and balance in your life, and have fun while you do it, this is the course for you.

Participants will need to provide their own yoga mat.

Registrations accepted at the AFC at JFK Middle School, 100 Bridge Rd., Florence, MA
Mon-Fri 5:00-8:00pm & Sat 10am-5pm and Sun 11:00am-4:30pm, 587-1046

or

Northampton Parks & Recreation Department, 100 A Bridge Road, MA 01062
Mon-Fri 8:30am-4:30pm 587-1040
www.northamptonma.gov/recreation

REGISTRATION FORM ON REVERSE SIDE

NORTHAMPTON PARKS & RECREATION DEPARTMENT - REGISTRATION FORM

DO NOT USE this form for Summer Day Camps, Youth & Adult Sports, or Birthday Party registrations: Download those packets at www.northamptonma.gov/recreation

Today's Date: ____/____/____

PLEASE PRINT LEGIBLY

New to Northampton Parks & Recreation

I have updated my Information

ADULT 1

Name _____

Address _____

City _____ St _____ Zip _____

Phone: (H) (____) _____ (W) (____) _____

Cell (____) _____

Email: _____

ADULT 2

Name _____

Address _____

City _____ St _____ Zip _____

Phone: (H) (____) _____ (W) (____) _____

Cell (____) _____

Email: _____

EMERGENCY CONTACT OTHER THAN PARENT

Name _____

Phone (____) _____

Photo Release: May Northampton Parks & Recreation Department use photos of you or your family members for brochure, website, promotional use?
 Yes No

PARTICIPANT'S FULL NAME: _____ Male Female

Date of Birth _____ School _____

Current Grade _____ or

Grade in Fall _____ for programs after June

Program Name	Day(s)	Start Date	Basic Fee	Non-Res Fee	Total Fee
			\$	\$	\$
			\$	\$	\$
TOTAL FEE FOR PARTICIPANT					\$

PARTICIPANT'S FULL NAME: _____ Male Female

Date of Birth _____ School _____

Current Grade _____ or

Grade in Fall _____ for programs after June

Program Name	Day(s)	Start Date	Basic Fee	Non-Res Fee	Total Fee
			\$	\$	\$
			\$	\$	\$
TOTAL FEE FOR PARTICIPANT					\$

PASS PURCHASE

Pass	Pass Type	Pass Length	Fee	
Aquatic Center	Res: Adult Family Senior Youth	6 Month 12 Month	\$	TOTAL AMOUNT DUE \$
Musante Beach	Non-Res Adult Family Senior Youth	Beach Pass		

Pass Holder's Name(s)	Male/Female	DOB	Pass/Tag# Issued	Special Considerations/Comments (Use back if necessary)
_____	Male/Female	_____	_____	_____
_____	Male/Female	_____	_____	_____
_____	Male/Female	_____	_____	_____
_____	Male/Female	_____	_____	_____
_____	Male/Female	_____	_____	_____

Charge my VISA ___ Master Card ___ Discover ___ Card # _____ Expiration _____

Name on Card _____ Signature _____

Office Use Only: Amt Rec'd \$ _____	Cash _____	Check # _____	Credit _____	Date _____	RT Date _____	Staff _____
Amt Rec'd \$ _____	Cash _____	Check # _____	Credit _____	Date _____	RT Date _____	Staff _____