



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



# Saturday Morning Yoga Sessions I & II Fall 2019

Saturday yoga is a great way to start your week end. Instructor Saralé L. teaches students about feeling sensations in your body while exploring yoga forms that cultivate strength, mobility, and stability. Beginning to advanced students are invited to investigate feelings in their own body and maintain mindfulness throughout the practice, not just trying to keep up with a pace or trying to make sense of too many verbal cues. Students will learn to listen to their own bodies and make choices based on their embodiment experience. Participants need to provide their own yoga mat.

This is a NO hands assist class

## SATURDAY MORNING CLASS 9:30 - 10:30 am

Location: Aquatic & Family Center

Session I: September 21 – November 9 (8 Classes)

Session II: November 23 – January 18 (8 Classes)  
(No Class October 28)

Fee: \$60 /\$65 /\$75

(Walk in fee: \$8 / \$10 / \$12)

*Fees listed in the order of AFC Member / Resident / Non-Resident*

Participants will need to provide their own yoga mat.



Registrations accepted at the AFC at JFK Middle School, 100 Bridge Road, Florence, MA 01062  
Mon-Fri 4:00-8:00pm & Sat 10am-5pm and Sun 11:00am-4:30pm, 587-1046

or

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

# NORTHAMPTON PARKS & RECREATION DEPARTMENT - REGISTRATION FORM

**Today's Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_

**PLEASE PRINT LEGIBLY**

New to Northampton Parks & Recreation       I have updated my Information

|   |   |
|---|---|
| <p><b><u>ADULT 1</u></b></p> <p>Name _____</p> <p>Address _____</p> <p>City _____ St _____ Zip _____</p> <p>Phone: (H) (____) _____ (W) (____) _____</p> <p>Cell (____) _____</p> <p>Email: _____</p> | <p><b><u>ADULT 2</u></b></p> <p>Name _____</p> <p>Address _____</p> <p>City _____ St _____ Zip _____</p> <p>Phone: (H) (____) _____ (W) (____) _____</p> <p>Cell (____) _____</p> <p>Email: _____</p> |
|---|---|

**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:** \_\_\_\_\_ Gender \_\_\_\_\_

Date of Birth \_\_\_\_\_ School \_\_\_\_\_ Current Grade \_\_\_\_\_ (Fall 2019)

| Program Name | Session | Day(s) | Level | Start Date | Basic Fee | Non-Res Fee<br><small>(where applicable)</small> | Total Fee |
|--------------|---------|--------|-------|------------|-----------|--|-----------|
|              |         |        |       |            | \$        | \$   | \$        |
|              |         |        |       |            | \$        | \$   | \$        |

**TOTAL FEE FOR PARTICIPANT**      \$ \_\_\_\_\_

**PASS PURCHASE**

| Pass  | Pass Type                         | Pass Length      | Fee              | Special Considerations/Comments (Use back if necessary) |        |     |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|---|-----------------------------------|------------------|------------------|---|--------|-----|------------------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| Aquatic Center  | Res: Adult Family Senior Youth    | 6 Month 12 Month | \$               | _____<br>_____<br>_____                                 |        |     |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|   | Non-Res Adult Family Senior Youth |                  |                  |   |        |     |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 25%;">Pass Holder's Name(s)</th> <th style="width: 10%;">Gender</th> <th style="width: 10%;">DOB</th> <th style="width: 10%;">Pass/Tag# Issued</th> </tr> </thead> <tbody> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> </tbody> </table> |                                   |                  |                  | Pass Holder's Name(s)                                   | Gender | DOB | Pass/Tag# Issued |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | <p style="text-align: right; font-weight: bold; font-size: 1.2em;">TOTAL AMOUNT DUE</p> <div style="border: 1px solid black; width: 100px; height: 30px; margin-left: auto; margin-right: 0;">\$ _____</div> |
| Pass Holder's Name(s)   | Gender                            | DOB              | Pass/Tag# Issued |   |        |     |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|   |                                   |                  |                  |   |        |     |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|   |                                   |                  |                  |   |        |     |                  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

**Recreational and Volunteers Activities Release Form**

I, the undersigned, do hereby consent to my participation in voluntary or recreation programs of the City of Northampton. I also agree to forever release the City of Northampton, and all their employees, agents, board members, volunteers and any and all individuals and organizations assisting or participating in any voluntary or recreation programs of the City of Northampton from any and all claims, rights of action and causes of action that may have arisen in the past, or may arise in the future, directly or indirectly, from personal injuries to myself or property damage resulting from my participation in the City of Northampton voluntary activities or programs.

I also promise, to indemnify, defend, and hold harmless the Releasees against any and all legal claims and proceedings of any description that may have been asserted in the past, or may be asserted in the future, directly or indirectly, arising from personal injuries to myself or property damage resulting from participation in the City of Northampton voluntary activities or recreation programs.

I further affirm that I have read this Consent and Release Form and that I understand the contents of this Form. I understand that my participation is voluntary and that I am free to choose not to participate in said programs. By signing this form, I affirm that I have decided to participate in the City as a volunteer or in its recreation programs with full knowledge that the Releasees will not be liable to anyone for personal injuries and property damage that I may suffer in voluntary activities with the City of Northampton or recreation programs.

Participant Signature or Parent/Legal Guardian if under 18 years old: \_\_\_\_\_ Date: \_\_\_\_\_

**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 \_\_\_\_\_