

SPRING YOGA

COME STRETCH, BREATHE, AND MOVE WITH US. REGISTER TODAY AND MAKE TIME FOR YOU!

Participants will need to provide their own mat

Advanced Beginner Yoga

This is an active, slow-flow Advanced Beginners yoga class that is accessible to folks who can confidently get up and down from the mat

March 23- May 4

(NO Class April 20)

6:00-7:00pm

JFK Middle School, Cafeteria

Resident \$60 Non-Resident \$72

WALK INS WELCOME residents \$12/Non-residents \$14

SCAN FOR REGISTRATION



Registrations accepted online or at the AFC, 100 Bridge Road , Florence
Mon-Fri 4:30-7:30, Saturday 9am-3pm, Sunday 10am-3:00pm 413-587-1046
or
Northampton Parks and Recreation, 100A Bridge Road Florence
Mon-Fri 8:30am - 4:30pm 413-587-1040

100A Bridge Road

413-587-1040

AFC# 413-587-1046

www.northamptonma.gov/recreation

Updated 2/25/26

NORTHAMPTON PARKS & RECREATION DEPARTMENT – REGISTRATION FORM

Today's Date: ____/____/____

PLEASE PRINT LEGIBLY

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: _____ Gender _____ Current Grade _____

Date of Birth _____ School _____

Program Name	Start Date	Total Fee
		\$
		\$

TOTAL FEES FOR PARTICIPANT(S)

\$

Special Considerations/Comments (Use separate sheet of paper if necessary) _____

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: _____

Charge my Card # _____ **Expiration Date:** _____

Name on Card _____ **Signature** _____

Office Staff Amount Received \$ _____ Cash _____ Check # _____ Charge _____ Staff Initials _____ Date _____

Parks & Rec Office Use Only: RecTrac Date _____ Staff Initials _____