

Yoga for High School Students

with Ridgewood Parks and Recreation ~ Tel: 201-670-5560

Benefits include improved:

- Stamina
- Flexibility
- Coordination
- Balance
- Stress Relief
- Sleep
- Digestion
- Focus
- Intuition
- Self Esteem
- Emotional Control



EARLY SPRING SESSION

Grades 9 - 12

Wednesdays, 3:45 to 4:45 pm
March 10, 17, 24, 31, April 14, 21
(no class April 7th)

The Community Center Senior Lounge, 131 N. Maple Ave.

\$75/ 6 classes

PROGRAM REGISTRATION - Online at www.ridgewoodsports.org or in person/by mail to:

The Stable, 259 N. Maple Ave., Ridgewood, NJ 07450 ~ Tel: 201-670-5560

Checks should be made payable to: **RIDGEWOOD PARKS & RECREATION**

Name _____

Telephone _____

Address _____

Emergency Telephone _____

Age _____ Grade _____

Program **Yoga ~ Grades 9-12**

Session/Date **Early Spring 2010**

I, the parent of the above named youth, hereby give my permission to participate in any and all Village approved Recreation activities. I assume all risks and hazards incidental to such participation. I hereby waive, release, absolve, indemnify and agree to hold harmless the organizers, sponsors, supervisors, and persons involved in the activities for any claim arising out of an injury to my child, whether the result of negligence or for any other cause, except to the extent and in amount covered by accident insurance.

Parental Consent _____