



2017 Spring Strong & Stable

Program: We focus on increasing our cardio and our strength. But, what we often forget about is our flexibility! Stretching and flexing creates better range of motion, better balance. Staying limber offsets age related stiffness, develops and maintains muscle, prevents and treats injuries; ultimately, improves our quality of life. This class will focus on flexibility core strength and developmental stretching. Perfect for all levels and all abilities. Instructor will modify as needed, chairs available for use!

When: Tuesdays & Thursdays // 8:15-9:15 am
March 2-April 20, 2017

Where: Watertown Senior & Community Center – Fitness Center – Lower Level

Fees: \$28/city residents OR \$42/non-city resident \$4/drop in
Senior Center Member

Special Needs: The department will make every effort to comply with the regulations associated with the American's with Disabilities Act (ADA). In the space provided, list any special needs that the participant may have that would benefit his/her participation in this program. The department will attempt to accommodate these needs and will contact you to discuss participation.
Participant should communicate any special needs with their instructor.

Watertown Parks & Recreation Department

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Name _____ Age _____ M or F
Address _____ City _____
Phone _____ Email _____

List any special needs or medical conditions this participant has _____

I understand the inherent risk of injury in participation in this sports program and verify that I am medically fit to participate. I give my permission to the supervisors of this program to take the proper steps in case I am in need of emergency medical attention. I also release the sponsoring groups and their agents from any and all claims arising from my participation in this activity.

Signature of Participant _____ Date _____



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\$28/cr or member

\$42/ncr

\$4/drop in

Fitness