

# 2017 Spring Zumba

**Program:** Zumba is fitness that's so much fun, you won't even know you're exercising! Using Latin inspired dance moves, Zumba combines fitness, fun and frivolity into exhilarating dance moves that will get you burning calories...fast...while toning and sculpting your body. Not only that...it helps to lower stress AND increases your levels of focus, energy and happiness. Zumba is perfect for any age group. Come, join us for a fun way to get and stay fit!

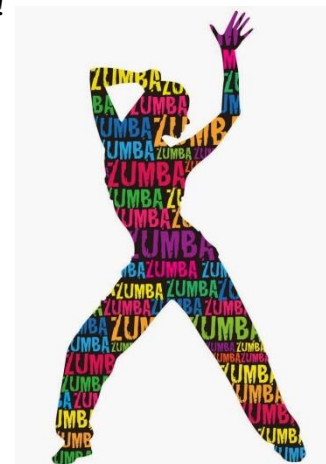
**Dates & Times:** Monday Evenings // from 5:30-6:30pm  
March 6-April 24, 2017 (Omit April 17)

**Location:** Classes will meet in the lower level of the  
Watertown Senior & Community Center – Terrace Room.  
Please use main entry doors.

*All students should dress comfortably and bring a water bottle.*

**Fees:** \$28.00/city residents      \$42.00/non-city resident      \$7/drop in

**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. **Parent should communicate any special needs with their instructor.**



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Watertown Parks & Recreation Department

## 2017 Spring Zumba

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 the person listed above is medically fit to participate. I give my permission to the supervisors of this program to take the proper steps in case participant listed above is in need of emergency medical attention. I also release the sponsoring groups and their agents from any and all claims arising from this participant's participation in this activity.

Signature of Participant \_\_\_\_\_ Date \_\_\_\_\_

Fee Paid:      \$28.00/cr      \$42.00/ncr      \$7/drop in



Fitness