



Watertown Parks & Recreation Department  
 514 South First Street  
 920-262-8080

# 2018 Pound Class Session 2

**Program:** Channel your inner Rock Star! Fuse drumming, cardio, upbeat music and TA-DAH! A whole new approach to fitness.

**Dates & Times:** Monday Evenings // from 6:45-7:30 pm  
 March 12-May 7, 2018 (omit April 9)

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



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

**Fees:** \$32.00/city resident      \$48.00/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  
**2018 Pound Fitness Class Session 2**  
 March 12-April 30, 2018

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:      \$32.00/cr      \$48.00/ncr      \$7/drop in

