



Watertown Parks & Recreation Department
 514 South First Street
 920-262-8080
 www.ci.watertown.wi.us

2018 Pound Class

Session 4

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

Dates Mondays, July 16-August 13, 2018 (5 sessions)

Times: 6:45-7:30 pm

Location: Classes will meet in the lower level of the Watertown Senior & Community Center.



All students should dress comfortably and bring a water bottle.

Fees: \$20.00/city resident \$30.00/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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2018 Pound Fitness Class Session 4

Mondays, July 16-August 13, 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: \$20.00/cr \$30.00/ncr \$7/drop in

