



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

2018 Jan/March 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
 January 9-March 1, 2018

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

Fees: \$32/city resident OR \$48/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.

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2018 Jan/Feb Strong & Stable Jan. 9-Mar. 1, 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 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 _____

Fee Paid: \$32/cr or member \$48/ncr \$4/drop in

Fitness