

2018 Tai Chi

Session 3

Program: Tai Chi has been called the perfect exercise. It is perfect for everyone regardless of age or fitness level. The injury rate is low and the fitness benefits are high. Tai Chi is a way of moving. Your instructor, Isaac Hou, will instruct you in moving through a series of poses that flow one to the next. Benefits include improved balance, blood circulation and strength.

Dates: September 13-November 1, 2018 (8 sessions)

Times: Thursdays, 9:00-10:00 am

Location: Classes will meet at the Watertown Senior & Community Center
Please use main entry doors.



All students should dress comfortably and bring along a yoga mat or blanket and 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.
Participant should communicate any special needs with their instructor.

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Watertown Parks & Recreation Department

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Sept 13-Nov 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 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/city resident \$48.00/non-city resident \$7/drop in

