

2018 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! Taught by Maria Gracia.

Dates: Mondays, November 5-December 10, 2018 (6 sessions)

Times: 6:00-7:00 pm

Location: Watertown Senior & Community Center

All students should dress comfortably and bring a water bottle.



Fees: \$24.00/city resident \$36.00/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. **Student should communicate any special needs with their instructor.**

Watertown Parks & Recreation Department

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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: \$24.00/cr \$36.00/ncr \$7/drop in

