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

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2019 Chair Yoga

Program: Offers basic chair yoga poses, modifications and the general benefits of yoga such as breathing techniques, balance, strengthening and relaxation. Bring your body and mind together into one harmonious experience! Namaste! Taught by Sarah Zarling.

Dates: Tuesdays, January 8-February 26, 2019 (8 weeks)

Times: 8:00-9:00 am

Location: Classes will meet at the Watertown Senior & Community Center

All students should dress comfortably and bring along water bottle.

Fees: $32.00/city resident $48.00/non-city resident $7/drop in

Register Online: https://watertownwi.recdesk.com/community

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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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/cr $48/ncr $7/drop in

Fitness

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https://watertownwi.recdesk.com/community