

2018 Summer Family Fitness

Format: This fun outdoor family fitness class is designed for parents and children to do together. The interactive class will challenge all fitness levels and consist of cardio warm up, strength and endurance, and cool-down.

Ages: 5 and up (Parents must accompany children)

When: Mondays & Wednesdays, June 11-July 2, 2018
(7 sessions)

Time: 8-9 am

Where: Watertown Senior & Community Center Parking Lot

Fees: \$30/individual \$50/family

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 instructor.



Watertown Parks & Recreation Department
2018 Summer Family Fitness
M/W June 11-July 2, 2018

Name _____ Age _____ M or F
Names/Ages of Family Members: _____
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: \$30/single \$50/Family \$8/drop in

