



Montville Recreation Department's **YOGA CLASSES FOR TWEENS**



WHO: Ages 8-14

WHAT: Tween Yoga is a fun, creative approach to yoga that can be very helpful for girls and boys whose bodies are still developing. The use of animated poses and basic stretching exercises promote strength, flexibility, coordination and body awareness. Breathing and visualization techniques teach kids how to focus, relax and develop self-control. Tween Yoga is also great for inner-strength, confidence and self-esteem!

INSTRUCTOR: Mayra Sansone Aboyoun, Certified Yoga Instructor

WHERE: Oasis Wellness Center (across from the Towaco Train Station), 628 Main Road, Towaco 07082 (973-541-0040)

WHEN: Tuesdays: January 12, 19, 26, February 2, 9, 23, March 2, 9, 16 & 23 from 4:30-5:30pm (10 weeks) - No: 2/16

FEE: \$122.00 for the 10 week session. **NOTE:** There will be a \$5.00 processing fee for program refunds!

PAYABLE TO: Montville Recreation, 195 Change Bridge Road, Montville 07045

REGISTRATION PROCEDURE:

- 1. In Person 2. Mail 3. On-Line OR 4. Payment Drop Box in Municipal Building's Parking Lot
- *** Checks or Cash Only for In-Person Registration OR Checks Only for Mail or Payment Drop Box!!! ***
- OR Credit Cards for On-Line Registration!

Please Note: You will be charged a 2.5% convenience fee for credit card use on-line!

For On-Line Registration !!! Go to the town's website at: www.montvillenj.org

Click on Municipal Services & then click on Parks & Recreation & then click on On-Line Registration

QUESTIONS ???? Call Recreation: 973-331-3305 OR visit our website at: www.montvillenj.org

YOGA CLASSES for TWEENS - Winter 2010

NAME _____ BIRTHDATE _____ AGE _____

ADDRESS _____ TOWN _____ PHONE _____ CELL _____

EMERGENCY NAME & NUMBER _____

Please list any special needs that your child may have that will assist us in providing a successful program:

I understand that the Recreation Department DOES NOT provide accident insurance.
My child has my permission to participate in the Exercise program.

PARTICIPANT/PARENT/GUARDIAN'S SIGNATURE _____ DATE _____

FOR OFFICE USE: Fee Paid _____ Cash _____ Check _____ Received By _____ Date _____ **PROGRAM # 822**