

YOGA



Day/Time: Tuesdays 3:05pm-4:05pm in the Multipurpose Room

GRADES 1-5

Yoga - A fun, challenging, and growth inspiring activity for children, it focuses on techniques that will stretch, develop, and train their body and mind. The course will include breathing and visualization exercises to promote calmness and self-empowerment, as well as interactive and social games that will build self-confidence while having fun. All Fitness In Transit courses are taught using very safe and positive methods. Instructors are trained to be encouraging and motivating, emphasizing to children the importance of doing their personal best and supporting their classmates.

- 1) Check Box Next To The Session For Which You Would Like To Register And Fill In Payment Amount.
- 2) New Students (Who Have Not Participated In The 2009/2010 School Year) Include Registration Fee.
- 3) Fill in Total Payment Amount & Complete Student Info Section Below.

| SESSION NO. | SESSION DATES | NO. OF WEEKS | SESSION COST | PAYMENT |
|-------------------------------------|--|--------------|--------------|---------|
| <input type="checkbox"/> SESSION 1: | Sept. 8 – Dec. 15 <small>(No class 11/24)</small> | 14 weeks | \$182 | |
| <input type="checkbox"/> | 2009/2010 Annual Registration Fee | | \$25 | |
| Total Payment: | | | | |

- **PAYMENT IS DUE ON THE 1ST DAY OF CLASS. REFUNDS AND PRORATING ARE AVAILABLE, PLEASE CALL FIT.**
- **Some scholarships are available, please call FIT if you'd like your child to be considered.**

STUDENT INFORMATION: Make check payable to Fitness In Transit (FIT) include your child's name and school on check and submit with registration form.

Student's Name _____ Home phone _____

Parent's Name _____ Emergency Phone _____

Billing Address _____ Email _____

After class: Student will go to Adventure Time ____ Or, by picked up by _____

Pre-existing medical conditions _____

Parent's Signature _____ Date _____

*I hereby understand that my child, while enrolled in Fitness in Transit, is covered for liability insurance under the Markel Insurance Company. This insurance pays over and above what my insurance does not cover.