



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



WHO: Ages 7-14

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!

CERTIFIED YOGA INSTRUCTOR: Mayra Sansone Aboyoun, RYT

WHERE: Oasis Wellness Center (across from the Towaco Train Station), 628 Main Road, Towaco 07082 (973-650-2843)

WHEN:

Session	Day	Dates	Time
1	Tuesdays	September 17, 24, October 8, 15, 22, 29, November 5, 12, 19 & 26 (No: 10/1)	4:30 to 5:30pm
2	Thursdays	Sept 19, 26, Oct 3, 10, 17, 24, Nov 14, 21, Dec 5 & 12 (No: 10/31, 11/7 & 11/28)	4:30 to 5:30pm
3	Tues & Thurs	Tues: Sept 17-Nov 26 AND Thurs: Sept 19-Dec 12 (No: 10/1, 10/31, 11/7 & 11/28)	4:30 to 5:30pm

FEE: \$125.00 per 10 week session **OR** \$225.00 for both days.

NOTE: There will be a \$20.00 processing fee for program refunds **PRIOR** to program start!

PAYABLE TO: Montville Recreation (located at 195 Change Bridge Road in Montville)

REGISTRATION PROCEDURES:

1. In Person on the Rec Desk Kiosk (Check, Cash with No Fees and/or Credit Card with a 3% Fee)
2. On-Line from Home (Echeck with 1% Fee **OR** Credit Card with 3% Fee)
3. Payment Drop Box in Municipal Building's Parking Lot (Check Only....must have family page set up on Community Pass)
- OR** 4. Snail Mail (Check Only....must have family page set up on Community Pass)

For On-Line Registration !!! Go to the town's website at: <http://www.montvillenj.org/RecRegistration>

To Download Registration Forms go to: <http://www.montvillenj.org/RecFlyers>

****NOTE: If coming to the Rec Dept, you will register directly on the Kiosk at the Rec Desk. No need to fill out paperwork!**

CLASS SIZE IS LIMITED !!! FIRST COME, FIRST SERVE !!!

QUESTIONS ??? Call Recreation: (973) 331-3305 OR Visit our Website: www.montvillenj.org



LIKE us on FACEBOOK at: <https://www.facebook.com/Montvillerec/>



YOGA for Tweens - Fall 2019

Participant Name _____ Age _____ D/O/B _____ Grade _____ School _____

Address _____ Town _____ Zip Code _____ Home Phone _____

Primary Contact Name AND Cell Phone # _____

Secondary Contact Name AND Cell Phone # _____

E-Mail/s (Please print clearly! Distinguish b/w letters & numbers!) _____

Emergency Name & Phone # (IF the above cannot be reached) _____

PLEASE CIRCLE CLASS CHOICE: 1—Tuesdays **or** 2—Thursdays **or** 3—Both Tues & Thurs

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

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

PARENT/GUARDIAN SIGNATURE _____ DATE _____

FOR OFFICE USE (8/7/19): Fee Paid _____ Cash _____ Check _____ Date _____ Received By _____ **Program # 822**