



CHAIR YOGA

This weekly program focuses on low impact yoga.

The class size is limited to 20 participants.

Registration is required.

Who: Tarrytown Senior Residents

When: Wednesdays

March 21st to April 18th

(six sessions)

Where: Tarrytown Senior Center

Time: 10:00am to 11:00am

Fee: Free to Tarrytown Senior Center Members

\$60 to Tarrytown Senior Residents who are

Non-Senior Center Members



CHAIR YOGA

2018 WINTER REGISTRATION FORM

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone #: _____ Cell #: _____

Circle: Male Female

Email: _____

Emergency Contact Name & Number #: _____

FEE: \$0 Senior Center Member

\$60 Tarrytown Resident: Non-Senior Center Member

WHEN: Wednesdays, March 21st to April 18th

TIME: 10:00am to 11:00am

WHERE: Tarrytown Senior Center

Make Checks Payable to: TARRYTOWN RECREATION

**Mail Registration Form to: Tarrytown Recreation Department
 PO Box 292
 Tarrytown, New York 10591**

For more information, please contact The Tarrytown Recreation Department @ 914-631-8347

Waiver of Liability:

I hereby agree to hold harmless the Village of Tarrytown, the Board of Trustees thereof, the agents, employees and volunteers from any claim whatsoever, for property damage or physical injury that I or my child may sustain as a result of my participation in any of the recreation activities in the Village of Tarrytown.

Signature: _____ Date: _____