



ISLAND PARK SCHOOL DISTRICT
 DEPARTMENT OF RECREATION
 150 TRAFALGAR BLVD.
 ISLAND PARK, NEW YORK 11558
 TEL: 516-434-2605
2018 SPRING ADULT PROGRAM



ISLAND PARK RECREATION YOGA for ADULTS

THE TOTAL EXPERIENCE
 with Certified Instructor, DONALD PAPA, E.R.Y.T.

Tuesdays
 7:30 p.m. – 8:30 p.m.
 Lincoln Orens Middle School

This program will teach various yoga techniques, poses and breathing that can help you relieve stress and back tension. Wear loose clothing and bring a towel or yoga mat to each session.

2018 Spring Dates:

**April 10, 17, 24,
 May 1, 8, 22, 29
 June 5, 12, 19**

Fee:

**Resident: \$80/10 sessions
 Non-Resident: \$105/10 sessions**



☯ **2018 SPRING ADULT YOGA PROGRAM REGISTRATION FORM** ☯

Mail to the above address or drop off form and payment to security aide at LOMS front entrance.

Registrations must be received at least one week prior to the start of the program.

Checks payable to the Island Park Recreation Department. If paying cash, please have the exact amount.

The office cannot provide change. VISA/MASTERCARD/DISCOVER are also accepted by phone or in person by appointment only.

Once program begins, there are no refunds. Any questions, call the Rec office at 434-2605.

Name: _____ Cell Number: _____
 Address/Town/Zip: _____

Your completed form confirms your registration and appointments to attend. The district's visitor policy is always enforced. Please read it on the district's web site, www.ips.k12.ny.us (see Quick Links). All visitors must have official photo identification to enter the building.

FEE PAID: ___ CASH: ___ CREDIT CARD: ___ CHECK NUMBER: _____ RECEIPT NUMBER: _____