



ISLAND PARK SCHOOL DISTRICT  
 DEPARTMENT OF RECREATION  
 150 TRAFALGAR BLVD.  
 ISLAND PARK, NEW YORK 11558  
 TEL: 516-434-2605  
2019 WINTER ADULT PROGRAM



# ISLAND PARK RECREATION

## **POUND**

ROCKOUT. WORKOUT.

with Certified Instructor, Lisa Dexter

TUESDAYS

TIME: 6:00 p.m. – 7:00 p.m.

Lincoln Orens Middle School

Drum your way to a healthy body with POUND. This cardio jam session transforms drumming into an effective way of working out by uniquely combining cardio, conditioning, and strength training with yoga and pilates-inspired movement.

**2019 Winter Dates:**

**February 26**

**March 5, 12, 19, 26**

**April 2, 9, 16, 30**

**May 7**

**Fee:**

**Resident: \$75/10 sessions**

**Non-Resident: \$100/10 sessions**



**2019 WINTER ADULT POUND 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. MasterCard & Visa credit cards 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](http://www.ips.k12.ny.us) (see Quick Links). All visitors must have official photo identification to enter the building.

FOR RECREATION STAFF ONLY:

FEE PAID: \_\_\_ CASH: \_\_\_ CREDIT CARD: \_\_\_ CHECK NUMBER: \_\_\_\_\_ RECEIPT NUMBER: \_\_\_\_\_