



# Fulmar Road Elementary PTO Mini-Workshops Winter 2019

The **Fulmar Road PTO** is offering 8 weeks of mini-workshops this spring, taking place at the school from January 8 - March 8, either 8 - 9 AM or 3:20 - 4:20 PM.

## TO REGISTER:

1. Complete one registration form for each child even if siblings are attending the same workshop or register online using the link. If you register online the waivers are part of the registration and a hard copy is not necessary. If you send in paper registration please continue onto steps 2 and 3.
2. Sign the waiver of liability on the registration form.
3. Send in the form and cash or check, made payable to **Fulmar Road PTO**, in an envelope marked **"PTO Mini-Workshops."** Please send separate checks for each workshop and each child.

## PLEASE NOTE:

- ❖ Class sizes are limited. If there is an over enrollment in any class, students will be selected by lottery.
- ❖ Insufficient enrollment will result in the cancellation of the class.
- ❖ Refunds will not be given after the first class.
- ❖ There is a \$10 fee for all returned checks.
- ❖ A \$10 late registration fee will be charged after January 5th for Run for Fun and after January 11th for all other mini workshops.
- ❖ If there is a cancellation for any reason, your child will be sent home at dismissal on his or her regular bus.
- ❖ The school district does not provide late buses.
- ❖ To register students for any after school activity, the family must be a member of the PTO and have paid the annual \$10 dues. Applications are available at school or on the website.

For additional information, contact Dawn McCormilla at [fulmarminis@gmail.com](mailto:fulmarminis@gmail.com)



# Fulmar Road Elementary PTO Mini-Workshops Winter 2019

## Run for Fun

**Offered to Students in Grades:** K - 5

**Instructor(s):** Mrs. Jones and Ms. Czuy

**Day of the Week:** Tuesday and Thursday Mornings

**Dates:** January: 8, 10, 15, 17, 22, 24, 29

February: 1 (Friday), 5, 7, 12, 14, 21, 22 (Friday), 26, 28

**Time:** 8 - 9 AM

**Minimum Enrollment:** 30 students

**Maximum Enrollment:** 40 students

**Location:** Gym or Upper Parking Lot Weather Permitting

**Description:** The club encourages healthy choices while instilling a joy of movement through running, games and relays! We also set the tone for the school day with a quick meditation prior to sending the children off to class. The children leave feeling great about the choice they have made to exercise!

**Cost:** \$130 per student

**Registration:** Run for Fun

## Girls in Sports

**Offered to Students in Grades:** 3 - 5

**Instructor(s):** Miss Davenport

**Day of the Week:** Friday Mornings

**Dates:** January: 18, 25

February: 1, 8, 15, 22

March: 1, 8

**Time:** 8 - 9 AM

**Minimum Enrollment:** 13 students

**Maximum Enrollment:** 16 students

**Location:** Gym or Upper Parking Lot Weather Permitting

**Description:** Speed, agility, and general sport specific training while also having fun learning and practicing sports like field hockey, lacrosse, soccer, and basketball.

**Cost:** \$70 per student

**Registration:** Girls in Sports



# Fulmar Road Elementary PTO Mini-Workshops Winter 2019

## Yoga & Mindfulness for Kids (Grades 3-5)

**Offered to Students in Grades:** 3 - 5

**Instructor(s):** Stacy Goodman, Registered Yoga Instructor

**Day of the Week:** Tuesday Afternoons

**Dates:** January: 15, 22, 29

February: 5, 12, 20 (Wednesday), 26

March: 5, 12

**Time:** 3:20 - 4:20 PM

**Minimum Enrollment:** 10 students

**Maximum Enrollment:** 15 students

**Location:** Room 113

**Description:** Yoga & Mindfulness for kids includes the practice of asanas (postures), pranayama (breathing techniques), games and guided meditation to develop balance of strength and flexibility in the body, calm and focus the mind, and encouragement in the heart!

**Cost:** \$75 per student

**Registration:** [Yoga 3-5](#)

## Yoga & Mindfulness for Kids (Grades K-2)

**Offered to Students in Grades:** K - 2

**Instructor(s):** Stacy Goodman, Registered Yoga Instructor

**Day of the Week:** Thursday Afternoons

**Dates:** January: 17, 24, 30 (Wednesday)

February: 7, 14, 21, 28

March: 7

**Time:** 3:20 - 4:20 PM

**Minimum Enrollment:** 10 students

**Maximum Enrollment:** 15 students

**Location:** Room 113

**Description:** Yoga & Mindfulness for kids includes the practice of asanas (postures), pranayama (breathing techniques), games and guided meditation to develop balance of strength and flexibility in the body, calm and focus the mind, and encouragement in the heart!

**Cost:** \$75 per student

**Registration:** [Yoga K-2](#)



# Fulmar Road Elementary PTO Mini-Workshops Winter 2019

Student Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Classroom Teacher: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_ Work/Cell Phone: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_ Work/Cell Phone: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Contact Number: \_\_\_\_\_

## Workshop

\_\_\_\_\_ Girls in Sports                      \_\_\_\_\_ Yoga 3-5                      \_\_\_\_\_ Yoga K-2  
\_\_\_\_\_ Run for Fun: Please Indicate Shirt Size:    YS    YM    YL    AS    AM    AL    AXL

## Medical Alert

Please specifically list any pertinent information or conditions. Use back for additional space. Please mark as "N/A" if there are no medical and / or allergy concerns.

\_\_\_\_\_  
\_\_\_\_\_

## Waiver of Liability

I have discussed this activity with my child and understand when and where the activity will occur. I give my consent for my child to attend this activity. I hereby agree to release and hold harmless the Mahopac Central School District, its Board of Education, officers, administrators, employees and agents, from and against any and all claims, causes of action, suites, judgements, liabilities, losses, etc. for bodily injury(ies) and/or property damage(s) that my child may sustain or suffer as a result of and/or arising from his or her participation in this(these) activity(ies), except to the extent that such claims, causes of action, suits, judgements, liabilities, losses, etc., are caused by the negligence of the Mahopac Central School District, its officers, administrators, employees and agents.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_