

PORTLAND PARKS AND RECREATION

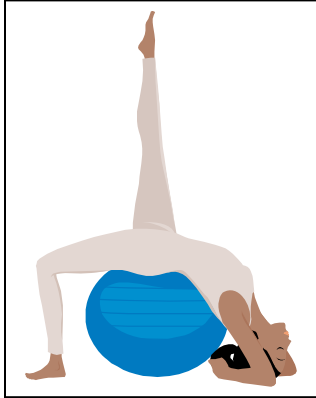
265 Main Street

PO Box 71

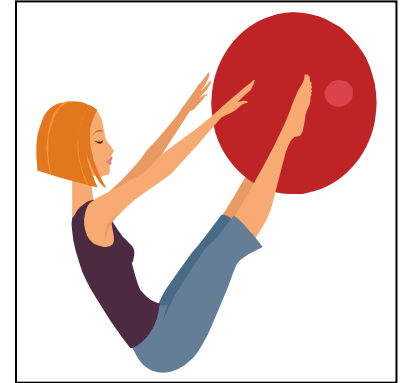
Portland, CT 06480

(860)-342-6757

(860)- 342-6763 FAX



Pilates Class



Pilates is designed to develop a strong core while maintaining loose, limber limbs. This mixed-level class will focus on the basic principles of Pilates to start strengthening core muscles (stomach and back and glutes), and improve balance and coordination between the body's limbs. Beginner and Intermediate exercises will be provided. Class taught by Personal Euphoria staff.

SUMMER SESSION

THURSDAYS

JULY 9 – SEPTEMBER 10

5:30 P.M. TO 6:30 P.M.

BUCK FOREMAN ROOM

FEE: \$70 RESIDENT

\$80 NON-RESIDENT

MAX: 16 PARTICIPANTS

MIN: 10 PARTICIPANTS

FALL SESSION

THURSDAYS

SEPTEMBER 24 – DECEMBER 3

5:30 P.M. TO 6:30 P.M.

BUCK FOREMAN ROOM

FEE: \$70 RESIDENT

\$80 NON-RESIDENT

MAX: 16 PARTICIPANTS

MIN: 10 PARTICIPANTS

NO CLASS: NOVEMBER 26

In case of inclement weather, please call 1-860-262-7234.

PORTLAND PARKS AND RECREATION

Po Box 71, 265 Main Street, Portland, CT 06480 Phone: 342-6757 Fax: 342-6763

www.portlandct.org

Participant's Name: _____ Phone Number: _____

Street Address _____ Apt. # _____ Town: _____ Zip Code: _____

Male: ____ Female: ____ Date of Birth _____ School Grade: _____

If Participant is under the age of 18 years old

Mother's Name _____ Father's Name _____

Home Number _____ E-mail Address: _____

Mom's Work Phone: _____ Dad's Work Phone: _____

Mom's Cell Phone: _____ Dad's Cell Phone: _____

Emergency Contact: _____ Relationship: _____

Home Phone # _____ Work Phone: _____ Cell Phone # _____

* If there are any medical concerns or special needs that we should be aware of, please list below:

	<u>Program(s)</u>	<u>Date</u>	<u>Days</u>	<u>Time</u>	<u>Fee</u>
1.	_____	_____	_____	_____	_____
2.	_____	_____	_____	_____	_____
3.	_____	_____	_____	_____	_____

TOTAL: _____

I hereby agree to hold harmless the Town of Portland and its agents for any accidental injury caused by participation in any Town of Portland sponsored activities. In signing this form, it is understood that Portland Parks and Recreation Department and the Town of Portland DO NOT assume responsibility for accidents and the participant(s) agree(s) to abide by all rules and regulations set by the Portland Parks and Recreation Department. Photos taken during the program may be used for promotional purposes. Please notify the Parks and Recreation if you do not want picture published.

A parent of Guardian must sign for anyone under the age of 18 years old

Participant/Parent/Guardian Signature

Print Name

Date

Parks and Recreation - "The Benefits are Endless..."