



Fun Fitness for Kids

Kid's Yoga!

This class is for both boys and girls! It's a great way to build strength, flexibility & stamina. Children who participate in sports find that yoga helps them to be more focused & effective when the pressure is on. Active, warm-ups, fun & games!

**\$100 for Family Members
\$120 Couple/Individual members
\$150 Non-Members**

Starts: Tues. January 17 – Tues. March 27th 2012

Ages 5 - 9 years old

10 - Week Session

Tuesdays 4 pm – 4:45 pm

Hot House Yoga Studio



**Pre-Registration is required. There is a 6 - child minimum to run the class.
For registration form & details please see back of this sheet.**

'Kid's Yoga' Registration Form

Child(ren)'s Name(s): _____ Age: _____
_____ Age: _____

Parent/Guardian Name: _____ Home Tel: _____
Cell: _____

Email for program updates: _____

Address: _____
Town: _____ Zip: _____

Dates: Tuesdays 4 – 4:45 pm

Runs: Tuesday January 17 – March 27 (No Class on Tuesday February 21)

Cost per session:

\$100 for Family Members/\$115 Couple/Ind. members/\$130 Non-Members

Payment: Please circle. Cash Check Credit Card Amount: \$ _____

Credit Card Number: _____ Expiration Date: _____

Signature: _____ Date: _____

Children's Program Refund Policy:

I have read and I understand the following: No refunds will be made but requests accompanied by a doctor's note for illness will receive credit. There are no partial refunds/refunds for absence or no shows. It is understood and agreed that any accident or illness claim will be covered by the parent's insurance. Longfellow Sports Club assumes no responsibility for illness or accidents. We reserve the right to dismiss any child whose behavior is detrimental to the overall good of the program.

I authorize photos or videos to be taken for the Longfellow website, Member Newsletter and/or program literature.

Signature: _____ Date: _____

For further information, please contact the Children's Program Director,
Caroline Donahue, at (508) 653 4633 ext. 217

longfellowkids@gmail.com