

Village of Croton-on-Hudson Recreation Department
1 Van Wyck Street Croton-on-Hudson, NY 10520
(914) 271-3006

Yoga Classes (Fall)

Section 1: Gentle Yoga I
DATES: Mondays, September 17 for 10 sessions
No class October 8, November 12
TIME: 9:30 - 11:00 AM
LOCATION: Recreation Conference Room
FEE: \$150.00 Village residents \$180.00 School dist/non-residents
DEADLINE: September 10
INSTRUCTOR: Michele Rafferty - Yoga Instructor/RYT Yoga Alliance

Section 2A: Gentle Yoga II
DATES: Wednesdays, September 12 for 6 sessions
No class September 19
TIME: 9:30 - 10:30 AM Only one hour!
DEADLINE: September 5

Section 2B: Gentle Yoga II
DATES: Wednesdays, October 31 for 6 sessions
TIME: 9:30 - 10:30 AM Only one hour!
DEADLINE: October 24
LOCATION: Recreation Conference Room
FEE 2A or 2B: \$60.00 Village residents \$75 School dist/non-res

Section 4A: Yoga: Strengthen, Renew
DATES: Thursdays, September 13 for 6 sessions
TIME: 7:30 - 9:00 PM
DEADLINE: September 6

Section 4B: Yoga: Strengthen, Renew
DATES: Thursdays, October 25 for 6 sessions
No class November 22
TIME: 7:30 - 9:00 PM
DEADLINE: October 18
LOCATION: Recreation Conference Room
FEE 4A or 4B: \$90.00 Village residents \$110.00 School dist/non-residents



*To register on-line visit the village website:

www.crotononhudson-ny.gov

YOGA CLASSES FALL 2018 - Act. #2096

SEC. 1:___ SEC. 2A:___ SEC. 2B:___ SEC.4A:___ SEC 4B: ___
(\$150/\$180) (\$60/\$75) (\$60/\$75) (\$90/\$110) (\$90/\$110)

NAME: _____ D.O.B. _____ AGE: _____

ADDRESS: _____ PHONE: _____

E-MAIL: _____

EMERGENCY CONTACT: _____ PHONE: _____

The undersigned hereby recognizes that there are inherent risks involved with participation in this program, and agrees to release and hold harmless the Village of Croton-on-Hudson, their employees and volunteers, of any liability whatsoever in connection with any damages and/or injuries that the above named person may sustain as a result of participation. In the event of injury, I hereby give permission for my child, named above, to be transported to a hospital for treatment to include evaluation of the injury, x-rays, and needed medical care. I agree to indemnify and hold harmless The Village of Croton on Hudson for any damages or injuries from my or my child's intentional or negligent conduct.

Signature

Date