

# Ridgewood Parks and Recreation

259 N. Maple Avenue  
Ridgewood, NJ 07450  
Tel: 201-670-5560



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## YOGA/ART/MEDITATION Winter 2019

### REVISED DATES

Grades K-5

Mondays, 3:45 to 4:45 pm  
January 28, February 4, 11,  
(no 18), 25, March 4

The Stable,  
259 N. Maple Ave.  
Ridgewood

\$95/5 classes  
includes all materials  
(non-residents \$105)

*Please bring a yoga mat.*

**January**  
Winter yoga exercises will warm the souls and winter themed art will provide creative exploration.

**February**  
Spread and share the season of love with Yoga and Art. Participants will learn heart opening yoga moves combined with projects filled with love.



### REGISTER EARLY - SPACE IS LIMITED

Online at [www.ridgewoodnj.net/communitypass](http://www.ridgewoodnj.net/communitypass)

In person or by mail: The Stable, 259 N. Maple Ave., Ridgewood, NJ 07450 Tel: 201-670-5560

Make checks payable to: *Ridgewood Parks and Recreation*

Cancel Policy – Administrative fees apply prior to the start of session. No refunds after session begins.

Child's Name \_\_\_\_\_

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

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

Phone: \_\_\_\_\_

\_\_\_\_\_

Allergies/Conditions \_\_\_\_\_

Emergency Phone: \_\_\_\_\_

Session: Winter 2019

Email \_\_\_\_\_

Program: *Colorful Warriors* Payment Ck # \_\_\_\_\_

*I, the parent of the above named youth, hereby give my permission to participate in any and all Village approved Recreation activities. I assume all risks and hazards incidental to such participation. I hereby waive, release, absolve, indemnify and agree to hold harmless the organizers, sponsors, supervisors, and persons involved in the activities, for any claim arising out of an injury to my child, whether the result of negligence or for any other cause, except to the extent and in amount covered by accident insurance.*

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