

# RIDGEWOOD PARKS AND RECREATION

Telephone: 201-670-5560

## YOGA DANCE WITH THE JOY OF MOTION



**Early Spring 2019**

Ages 3 to 5 (PreK-K)

Wednesdays

1 to 1:45 pm

March 13, 20, 27,

April 3, 10, (no 17), 24

The Stable

259 North Maple Avenue

\$75/ 6 classes

(Non-residents may register if space is available.  
An added \$10 fee will apply.)

Benefits of yoga for children include body and movement awareness, improved flexibility and strength, enhanced concentration, increased self-esteem, ability to better manage stress, creative imaginations, peer and social interaction, discipline and responsibility. Combining dance with yoga adds the inclusion of development of musicality and rhythm, stimulation, creativity, focus and the ability to do poses longer with the music. Join instructor Carolyn Brush for a fun, creative yoga dance class which also will include introductions to dance styles through the use of stories, props, and imagination.

Formal dance attire is not required; comfortable clothes are recommended.

### **PROGRAM REGISTRATION – 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

Checks should be made payable to: RIDGEWOOD PARKS & RECREATION

**Refund Policy – Administrative fees apply to cancellations prior to the start of session. No refunds once session begins.**

Name \_\_\_\_\_

Telephone \_\_\_\_\_



Address \_\_\_\_\_

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

Session/Date **Early Spring 2019**

Email \_\_\_\_\_

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

Allergies/Condition \_\_\_\_\_

Program: **YOGA DANCE \$75 (\$85, non-residents)**

Payment \_\_\_\_\_ Date \_\_\_\_\_

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.

Parental Consent \_\_\_\_\_