



Borough of Seaside Park
RECREATION PROGRAM • WINTER 2011/2012

BOROUGH HALL
1701 North Ocean Avenue
Seaside Park, NJ 08752
(732) 793-3700 FAX (732) 793-3737

ADULT YOGA

- TUESDAYS & THURSDAYS : 12/1-2/23 • 26 Classes • Fee: \$105.00
- Single Sessions \$5.00 per session # _____ X \$5.00 = \$ _____

PAID: Date _____ Cash [] Check # _____

REGISTRATION

NAME: _____

STREET: _____

CITY • STATE • ZIP: _____

TELEPHONE: _____

EMERGENCY CONTACT _____ RELATIONSHIP _____ EMERGENCY TELEPHONE _____

PERSONAL FITNESS INFORMATION

Have you seen a physician in the last year? _____

Any medical problems? _____ If YES, please explain:

Have you been hospitalized during the past year? _____ If YES, please explain:

Has a physician advised you to exercise? _____

Has a physician advised that you **NOT** exercise? _____

Please list exercises that work best for you:

E-MAIL: _____

In consideration for the granting of the right to participate in this activity, the undersigned hereby waives and releases the Borough of Seaside Park and its representatives and employees from the responsibility for any and all injuries or liability resulting from participation.

Participant Signature

Date