

# youth yoga



Get out. Get going.

CITY OF KEARNEY PARK & RECREATION

KPR PO Box 1180 / Kearney, NE 68848 / 2005 1st Avenue / 308-237-4644 / Mon. - Fri. 8am-5pm / www.kearneyrec.org

summer 2017



**Parent and Me Yoga & Mindfulness** offers an opportunity for parent's to spend 30 uninterrupted minutes focusing and practicing on wellness with their children. The classes are designed with the intention of allowing not just your child to enjoy, but the parent to feel good too. Taught in an interactive and enjoyable format, these classes will have a handful of yoga games, stretching and activities. Every class ends with a "just in time for bed" guided relaxation.

Class is taught by Beth Reynolds, certified Children's Yoga Teacher and registered instructor with the Yoga Alliance. Min.: 6, Max.: 15

**Please register at least 3 working days prior to the start of the class.**

**Ages:** 4-9 plus parent/guardian      **Cost:** \$35 (add an additional parent or child for \$12.00)  
**Location:** Harmon Park Activity Center

#108-1	Parent & Me Yoga	Monday	5:30-6:00pm	May 15, May 22 & June 5
#108-2	Parent & Me Yoga	Monday	5:30-6:00pm	July 10, July 17 & July 24

**Register online at [www.KPRregister.org](http://www.KPRregister.org)**

Call 4-INFO at 234-4636 for postponements or cancellations.



## registration form

**RETURN THIS FORM WITH FEE TO:** KPR PO Box 1180 / Kearney, NE 68848 / 2005 1st Avenue / 308-237-4644 / Mon. - Fri. 8am-5pm / www.kearneyrec.org

**METHOD OF PAYMENT** Check Enclosed  Cash enclosed  Make Checks Payable to "City of Kearney"

Visa®  Mastercard®  Discover®  Credit Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_ CCV# \_\_\_\_\_  
3 DIGIT CODE ON BACK OF CARD AUTHORIZED SIGNATURE

FAMILY NAME \_\_\_\_\_ HOME PHONE \_\_\_\_\_ WORK PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_



PARTICIPANT'S NAME	M/F	AGE	DATE OF BIRTH	GRADE	SCHOOL	PROGRAM#	ACTIVITY	FEE
								\$
								\$

Please describe any special needs or accommodations that you or your child may require \_\_\_\_\_ **TOTAL \$**

**NOTE: YOU WILL NOT BE MAILED A WRITTEN RECEIPT. ASSUME THAT YOU ARE IN THE ACTIVITY UNLESS OTHERWISE NOTIFIED.**

**PARTICIPANT RELEASE STATEMENT:** We understand the activities that my family has enrolled in, and I hereby give my permission and consent for their participation. Furthermore, I recognize that proper care of equipment, fields and adequate supervision will be provided, but that inherent in these activities is a degree of assumption of risk. I do hereby absolve, release and agree to hold harmless and City of Kearney, it's sponsors, leaders, agents and volunteers from liability claims in case of accidents to all family members enrolled in these programs.

**PHOTO PERMISSION:** We the parents or participating individual, grant permission for pictures to be used in the City of Kearney Park & Recreation publicity materials.

PARENT/GUARDIAN/ADULT PARTICIPANT SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

