



Gentle Yoga

When: Wednesday Evenings
7:15pm

Where: Southard School
(115 Kent Road)

Program Dates:

May 2, 9, 16, 23, 30

Only \$30 for one 5 week
session

Gentle yoga is a relaxing workout that is made for the beginner and/or those with special health needs or weight restraints



Participant Name: _____

Address: _____ Zip Code: _____

Phone #: _____ Cell #: _____

Date of Birth: _____ Email address: _____

Program Registering For: _____

Medical Conditions: _____

Current Medication: _____

EMERGENCY CONTACT:

Name: _____ Relation: _____

Phone #: _____ Cell #: _____

** The PAL Accident Insurance Policy maintained by the PAL is secondary in coverage. Any and all claims must first be submitted to the claimant's primary health insurance carrier.*

*** I grant the Howell Township / PAL Program the right to use any and all photographs of myself and/or my child participating in a Department sponsored activity. By registering with Howell Township/ PAL Program, I acknowledge that I have read, understood, and agreed with the above disclaimer.*

Applicant's Signature

Please PRINT full name

Date

CHECK _____ CASH _____ RECEIPT _____ RECEIVED BY _____

Make checks payable to Howell PAL* *Programs are run based off enrollment

All refunds are governed by the Howell Township Refund Guidelines & Procedures

Howell Township / PAL Programs

PO Box 713

115 Kent Road Howell NJ 07731

Phone: 732-919-2825 Fax: 732-919-1212