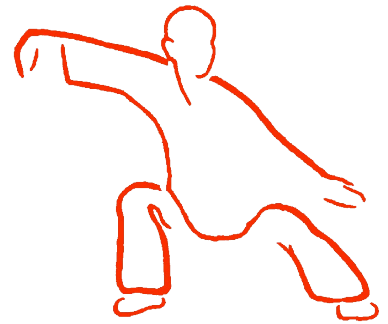


Howell Township / PAL Programs
 PO Box 713
 115 Kent Road Howell NJ 07731
 Office: 732-919-2825 Fax: 732-919-1212



What is Tai Chi? Tai Chi is a noncompetitive, self-paced system of gentle physical exercise and stretching. To do Tai Chi, you perform a series of postures or movements in a slow, graceful manner. Each posture flows into the next without pausing. Anyone, regardless of age or physical ability, can practice this form. Tai Chi is used to reduce stress, increase flexibility, improve muscle strength and definition, increase energy, stamina and agility and increase feelings of well-being.

When: Tuesday and Thursday Evenings

Class Dates: Feb 21st, 23rd, 28th
 March 1st, 6th, 8th, 15th, 20th, 22nd, 27th **NO CLASS MARCH 13TH**

Where: Echo Lake (located at 1225 Maxim Southard Road)

Time: 7:00pm-8:00pm

Fee: \$50 for one five week session (meets every Tuesday and Thursday)

Cut on Dotted Line -----

Participant Name: _____

Address: _____ **Zip Code:** _____

Phone #: _____ **Cell #:** _____

Date of Birth: _____ **Email address:** _____

Program Registering For: Tai Chi

Current Medication: _____

Medical Conditions: _____

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