

“MARCH” Into Shape

The Boxborough Recreation Commission and the Town of Boxborough have created a new Winter Program for all ages from 8 years and up! Come get into shape and just enjoy moving to the rhythms of Iyengar Yoga, Fusion Fitness, Zumba and Jr. Jazzercise. Come with your child, send your child, come with a friend or come alone. We have something for everyone!

Iyengar – is a hatha Yoga known for its use of props. These belts, blocks and blankets are aids to achieve proper alignment and make the poses accessible to everyone. The props will be supplied by the instructor, just bring your mat.

Fusion Fitness – class incorporates strength training with weights, Pilates, and, yoga.

Zumba – is a fun, dance based fitness class that uses motivating, international music and easy to follow dance and fitness moves to tone and sculpt your entire body.

Jr. Jazzercise - This class combines fun, easy-to-follow dance moves to popular music, fitness games, and light strength training.

Classes will run on Saturdays in March (excluding the 22nd) from 9:15 a.m. to 11:30 a.m. We will offer a variety of classes on different Saturdays and you can sign up for one class or all of them. Please check the Town of Boxborough’s website (www.town.boxborough.ma.us) for times, class descriptions, registration and other information. All classes will take place at Blanchard Memorial School in the gym.

BOXBOROUGH WINTER PROGRAM – 2014

March Into Shape

The Boxborough Recreation Commission has created a new Winter Program for four Saturdays in March. We will offer two different exercise classes on all Saturdays except March 15th when we will offer one class only (no classes will be held on March 22nd). The Program is open to all ages from 8 years old and up. Come with your child, send your child, come with a friend or come alone! All classes will be held at Blanchard Memorial School in the gym. The Program will consist of four different class offerings of Iyengar Yoga, Fusion Fitness, Zumba and Jr. Jazzercise.

Session #1
Saturday, March 1
Fusion Fitness 9:15 a.m. – 10:15 a.m.
Iyengar Yoga 10:30 a.m. – 11:30 a.m.
\$ 10.00 per class

Session #2
Saturday, March 8
Zumba 9:15 a.m. – 10:15 a.m.
Iyengar Yoga 10:30 a.m. – 11:30 a.m.
\$ 10.00 per class

Session #3
Saturday, March 15
Jr. Jazzercise 9:15 – 10:15 a.m.
\$ 10.00 per class

Session #4
Saturday, March 29
Fusion Fitness 9:15 – 10:15 a.m.
Jr. Jazzercise 10:30 a.m. – 11:30 a.m.
\$ 10.00 per class

We require a five person minimum to run the classes. Should we not have sufficient enrollment, you will be contacted by a member of the Recreation Commission or an employee of the town to notify you of class cancellation.

IMPORTANT POINTS:

1. Complete a separate application for each individual.
2. You may register for one session or all sessions. **Assume you are registered as requested unless a member of the Recreation Commission, or Town, contacts you.**
3. All checks should be made payable to the TOWN OF BOXBOROUGH and returned with the completed application to the TOWN HALL, 29 Middle Road **by Thursday prior to the class.**

ADDITIONAL INFORMATION:

- A. It is your responsibility to get you and your children safely to and from Blanchard Memorial School – the staff can not be responsible for children until they have checked in with the instructor or after they leave the gym.
- B. There are no make up sessions.
- C. Please be prompt when picking up.

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Fusion Fitness – class incorporates strength training with weights, Pilates, and yoga.

Zumba – is a fun, dance based fitness class that uses motivating, international music and easy to follow dance and fitness moves to tone and sculpt your entire body.

Jr. Jazzercise - This class combines fun, easy-to-follow dance moves to popular music, fitness games, and light strength training.

RECREATION COMMISSION CONTACTS: Kevin Lehner (266-1901) & Abby Reip (263-2030)

Please use a separate sheet for each individual

Medical authorization & physical condition identification:

I authorize whatever medical care may be necessary in the event of an emergency. It is my understanding that insurance is not provided by the Town of Boxborough, the Recreation Commission, its staff or volunteers for this program.

Participant's Name: _____ Telephone: _____

Street Address: _____ Birthdate: _____

Emergency Name & #: _____; E-mail address: _____

Medical Contact Information: (Physician name, telephone #; relevant medical information, i.e. allergies, **Special Needs**)

Check ("X") the desired session.

Session # 1 March 1st
____ Fusion Fitness 9:15
____ Yoga 10:30

Session # 2 March 8th
____ Zumba 9:15
____ Yoga 10:30

Session # 3 March 15th
____ Jr. Jazzercise 9:15

Session # 4 March 29th
____ Fusion Fitness 9:15
____ Jr. Jazzercise 10:30

All classes are \$10.00 each.

WAIVER: PLEASE COMPLETE THE APPROPRIATE WAIVER ON THE NEXT PAGE

For Office Use Only:

Amount Paid \$ _____

Waiver: Program Instructor/Director Gift Certificate/voucher Scholarship

Authorization _____



RECREATIONAL AND VOLUNTEERS ACTIVITIES RELEASE AGREEMENT

I, the undersigned _____

do hereby consent to my participation in _____
(name of activity)

I also agree to forever RELEASE the Town of Boxborough, a municipal corporation of the Commonwealth of Massachusetts, and all their employees, officers, agents, board members, volunteers and any and all individuals and organizations assisting or participating in voluntary activities or recreation programs of the Town ("the Releasees") from any and all claims, actions, rights of action and causes of action, damages, costs, loss of services, expenses, compensation and attorneys' fees that may have arisen in the past, or may arise in the future, directly or indirectly, from known and unknown personal injuries to myself or property damage resulting from my participation in the Town of Boxborough's voluntary activities or recreation programs or use of the Town's recreational fields for non-Town programs.

I also promise, to INDEMNIFY, REIMBURSE, DEFEND, and HOLD HARMLESS the Releasees against any and all legal claims and proceedings of any description that may have been asserted in the past, or may be asserted in the future, directly or indirectly, including damages, costs and attorneys' fees, arising from personal injuries to myself or property damage resulting from my participation in the Town of Boxborough voluntary activities or recreation programs, or use of the Town's recreational fields for non-Town programs.

I further affirm that I have read this Consent and Release Agreement, and that I understand the contents of this Agreement. I understand that my participation is voluntary and that I am free to choose not to participate in said programs. By signing this Agreement, I affirm that I have decided to participate in the Town as a volunteer or in its recreation programs with full knowledge that the Releasees will not be liable to anyone for personal injuries and property that I may suffer in voluntary Town activities or recreation programs.

Signed: _____

Date: _____

This form may not be altered



RECREATIONAL AND VOLUNTEERS ACTIVITIES RELEASE AGREEMENT

I/We, the undersigned _____
(father, mother or guardian - circle or insert legal relationship to student, e.g., "parent," "guardian")

of _____ a minor, do hereby consent to my child's participation in
(insert name of child)

do hereby consent to my participation in _____
(name of activity)

I/We also agree to forever RELEASE the Town, a municipal corporation of the Commonwealth of Massachusetts, and/or the Public Schools of Boxborough, the School Committee, and all their employees, officers, agents, board members, volunteers and any and all individuals and organizations assisting or participating in voluntary athletic or recreation programs of the Town, or Public Schools ("the Releasees") from any and all claims, actions, rights of action and causes of action, damages, costs, loss of services, expenses, compensation and attorneys' fees that may have arisen in the past, or may arise in the future, directly or indirectly, from known and unknown personal injuries to my child or property damage resulting from my child's participation in the said Town and/or Public School's voluntary athletic or recreation programs which I/we may now or hereafter have as the parent(s) or guardian(s) of said minor child and which said minor child has or hereafter may acquire, either before or after reaching majority.

I/We also promise, to INDEMNIFY, REIMBURSE, DEFEND, and HOLD HARMLESS the Releasees against any and all legal claims and proceedings of any description that may have been asserted in the past, or may be asserted in the future, directly or indirectly, including damages, costs and attorneys' fees, arising from personal injuries to my child or property damage resulting from my child's participation in the Town and/or Public Schools' voluntary athletic or recreation programs or administration of first aid.

I/We further affirm that I/we have read this Parental Consent, Release from Liability and Indemnity Agreement, and that I/we understand the contents of this Agreement. I/We understand that my child's participation in these programs is voluntary and that my child and I/we are free to choose not to participate in said programs. By signing this Agreement, I/we affirm that I/we have decided to allow my child to participate in the Town and/or Public Schools' athletic or recreation programs with full knowledge that the Releasees will not be liable to anyone for personal injuries and property damage my child or I/we may suffer in voluntary Town and/or Public School athletic or recreation programs.

Signed:

Parent(s) or Guardian(s) of

Student/Participant

This form may not be altered