

Pelham Parks and Recreation

6 Village Green, Pelham, NH 03076

Phone: 603-635-2721

Email: recreation@pelhamweb.com

Fax: 603-508-3094

YOGA REGISTRATION

Sessions are offered from Sept. 2023 to June 2024. Classes are Monday and/or Wednesday at the Hobbs Community Center, 8 Nashua Road, Pelham NH with Certified Yoga instructors, Melissa Ramsay (Monday classes) and Daryle Hillsgrove (Wednesday classes) from 6:30-7:30 pm.

See the reverse side for the Calendar and costs. Open to age 18 and up – adult classes.

This form is required for your first sign-up in the 2023-24 school year; additional sessions need payment only.

Name: _____ DOB (required): _____

Address: _____
Street City State Zip

Home phone: _____ Cell: _____

Email Address: _____

Allergies or medical issues: _____

Any other information the instructors should have: _____

In case of emergency please contact:

Name: _____ Relation: _____

Town/State: _____ Phone: _____

CHECK ONE OR BOTH: Monday class _____ Wednesday class _____ Both days _____

CHECK WHICH SESSION: Session I [] Session II [] Session III [] Session IV [] Session V []

RELEASE OF LIABILITY

I assume all the risks normally incidental to the nature of the above activity, including risks, which are not specifically foreseeable. I will follow the rules and regulations provided by the instructors. I, the undersigned, hereby agree to release, indemnify, save, and hold the Town of Pelham, employees, agents, representatives, coaches and volunteers from all liability, actions, causes of actions, debts, claims or demands of any kind and nature whatsoever which may arise by or in connection with participating in the above activities. The activity will take place at Hobbs Community Center; subject to change if required by the center.

Date

Signature of participant

Floor Mat needed; water bottle, yoga blocks and strap recommended.