

Grimes Parks & Recreation

Telephone: (515) 986-2143

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www.grimesiowa.gov



Yoga at the GCC

Program Description:

Yoga is for everyone! It provides strength, flexibility, and balance for both body and mind. Regular yoga practice can help to improve circulation, digestion and posture, stimulate the immune system, decrease stress level, boost self-esteem and create a sense of calmness and well-being. Please bring your own mat, towel & water. Come in with an open mind and open heart. This class could fill up, so register now!

Who: Recommended for Ages 16 and Up

Where: Grimes Community Complex Room #400

Date: Fall Session 1: Tuesdays, September 11 – October 23, 2013 (7-week session)
Fall Session 2: Tuesdays, November 6 – December 18, 2013 (7-week session)
Winter Session 1: Tuesdays, January 8 – February 12, 2013 (6-week session)
Winter Session 2: Tuesdays, February 26 – April 9, 2013 (6-week session)
Spring Session 1: Tuesdays, April 16 – May 21, 2013 (6-week session)

Time: Tuesdays from 6:45pm – 8:00pm

Instructor: Bethanie Lafferty, Certified Yoga Instructor

Questions: Contact Brett Barber, Grimes Parks & Recreation Director at bbarber@ci.grimes.ia.us or 986-2143

To Register: Register ONLINE at www.grimesiowa.gov, OR Mail to 410 SE Main Street in Grimes, IA 50111

Cost: 6-week session for \$45 per person OR 7-week session for \$50 per person Or \$10 for a drop-in fee
BONUS DISCOUNT- Returning students can bring a friend and you will both receive a \$5 discount off your session. Must register at Parks and Recreation office to receive discount for the current session or we can give you a \$5 credit if you register online to be used for a future program.



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2012-13 Yoga Registration Form

PARTICIPANT'S NAME: _____ PHONE: _____

STREET ADDRESS: _____ CITY: _____ ZIP CODE: _____

EMAIL: _____

I would like to be added to the Grimes Parks and Rec Email List: YES NO ALREADY ON LIST

Please circle one or all-

Fall Session 1 Fall Session 2 Winter Session 1 Winter Session 2 Spring Session 1

Release and Indemnification Agreement:

I hereby request that you accept my application for registration in this Grimes Park and Recreation Department program. With consideration of your acceptance of me, I hereby release the City of Grimes, its employees, and the coaches and volunteers associated with this program from all claims which may arise in the event I am injured in an accident that occurs while I am participating in this program. I further agree to indemnify the City of Grimes, its employees, and the coaches and volunteers associated with this program for any claim, which may hereafter be presented to me as a result of any such injuries. I hereby acknowledge that it is my responsibility, not the responsibility of the City of Grimes, to provide medical insurance coverage in the event I desire to have medical insurance coverage for my self while I participate in this particular activity. I will also allow pictures of myself during this program to be used only for the marketing purposes of future Grimes Parks and Recreation programs.

Signature of Parent or Guardian

Date

Grimes Parks & Recreation Office Location ~ 410 SE Main St. in Grimes