



Northampton Aquatic & Family Center
at JFK Middle School, 100 Bridge Road, Florence, MA 01062



Interoceptive Yoga Summer 2019



Interoceptive yoga is about feeling sensations in your body while exploring yoga forms that cultivate strength, mobility, and stability. Beginning to advanced students are invited to investigate feelings in their own body and maintain mindfulness throughout the practice, not just trying to keep up with a pace or trying to make sense of too many verbal cues. Students will learn to listen to their own bodies and make choices based on their embodiment experience.

This is a NO hands assist class.

SATURDAY MORNING CLASS 9:30 - 10:30 am

Location: Aquatic & Family Center

Dates: June 15 – August 3 (8 Classes)

Fee: \$60 /\$65 /\$75

(Walk in fee: \$8 / \$10 / \$12)

Fees listed in the order of AFC Member / Resident / Non-Resident



Participants will need to provide their own yoga mat.

Registrations accepted at the AFC at JFK Middle School, 100 Bridge Road, Florence, MA 01062
Mon-Fri 4:00-8:00pm & Sat 10am-5pm and Sun 11:00am-4:30pm, 587-1046

or

Northampton Parks & Recreation Department, 100 A Bridge Road, Florence MA 01062

Mon-Fri 8:30am-4:30pm 587-1040

www.northamptonma.gov/recreation

REGISTRATION FORM ON REVERSE SIDE

Updated 3/7/19

NORTHAMPTON PARKS & RECREATION DEPARTMENT - REGISTRATION FORM

Today's Date: ____/____/____

PLEASE PRINT LEGIBLY

New to Northampton Parks & Recreation

I have updated my Information

ADULT 1

Name _____

Address _____

City _____ St _____ Zip _____

Phone: (H) (____) _____ (W) (____) _____

Cell (____) _____

Email: _____

ADULT 2

Name _____

Address _____

City _____ St _____ Zip _____

Phone: (H) (____) _____ (W) (____) _____

Cell (____) _____

Email: _____

EMERGENCY CONTACT OTHER THAN PARENT

Name _____

Phone (____) _____

Photo Release: May Northampton Parks & Recreation Department use photos of you or your family members for brochure, website, promotional use?
 Yes No

PARTICIPANT'S FULL NAME: _____ Gender _____

Date of Birth _____ School _____ Current Grade _____ (Fall 2018)

Program Name	Session	Day(s)	Level	Start Date	Basic Fee	Non-Res Fee (where applicable)	Total Fee
					\$	\$	\$
					\$	\$	\$

TOTAL FEE FOR PARTICIPANT \$ _____

PASS PURCHASE

Pass	Pass Type	Pass Length	Fee	Special Considerations/Comments (Use back if necessary)
Aquatic Center	Res: Adult Family Senior Youth	6 Month 12 Month	\$	
	Non-Res Adult Family Senior Youth			

Pass Holder's Name(s)	Gender	DOB	Pass/Tag# Issued	

TOTAL AMOUNT DUE \$ _____

Recreational and Volunteers Activities Release Form

I, the undersigned, do hereby consent to my participation in voluntary or recreation programs of the City of Northampton. I also agree to forever release the City of Northampton, and all their employees, agents, board members, volunteers and any and all individuals and organizations assisting or participating in any voluntary or recreation programs of the City of Northampton from any and all claims, rights of action and causes of action that may have arisen in the past, or may arise in the future, directly or indirectly, from personal injuries to myself or property damage resulting from my participation in the City of Northampton voluntary activities or programs. I also promise, to indemnify, 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, arising from personal injuries to myself or property damage resulting from participation in the City of Northampton voluntary activities or recreation programs. I further affirm that I have read this Consent and Release Form and that I understand the contents of this Form. I understand that my participation is voluntary and that I am free to choose not to participate in said programs. By signing this form, I affirm that I have decided to participate in the City 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 damage that I may suffer in voluntary activities with the City of Northampton or recreation programs.

Participant Signature or Parent/Legal Guardian if under 18 years old: _____ Date: _____

Charge my VISA ___ Master Card ___ Discover ___ Card # _____ Expiration _____

Name on Card _____ Signature _____

Office Use Only: Amt Rec'd \$ _____ Cash _____ Check # _____ Credit _____ Date _____ RT Date _____ Staff _____