



## **ZUMBA ADULT CLASS FOR MEN AND WOMEN!**

Just in time to help with those New Year's Resolutions - Sandown Parks and Recreation offers a new 6-week session of the ever popular Zumba for adults, age 16 and older on Tuesday evenings, January 24 thru Feb. 28 from 6:30 to 7:30 at the Edward C. Garvey Recreation Facility on Pheasant Run Drive.

No experience is needed to join this Latin inspired dance-fitness, cardio based workout that incorporates sculpting exercises to help tone the entire body top to bottom. This workout will take you on a fun, international journey through dance and rhythms including Salsa, Reggaeton, Merengue, and more. You'll have so much fun listening to the music, doing the simple steps and moving your body you'll forget you're exercising! And all you need for 'equipment' is comfortable clothes, sneakers (broken in work best!) and a water bottle.

Registration is \$45 per person for residents and \$50 per person for non-residents. Registration is now open. Please call the recreation office at 887-1872 prior to sending your registration to be sure space is available. Registration form must accompany payment and can be found at [www.sandown.us](http://www.sandown.us) and navigating to the recreation page under 'departments'. Hard copies are available through the recreation department and at Town Hall. Payment is by check or money order only made payable to: Sandown Recreation and may be mailed to: Sandown Recreation, PO Box 642, Sandown, NH 03873, or dropped off in the recreation mailbox located at Town Hall.

**PLEASE CONTINUE TO NEXT PAGE FOR REGISTRATION FORM**

SANDOWN PARKS AND RECREATION  
PO BOX 642 25 PHEASANT RUN DRIVE  
SANDOWN, NH 03873  
603-887-1872  
[recreation@sandown.us](mailto:recreation@sandown.us)



REGISTRATION  
ZUMBA – ADULT CLASS

6 Week Session - \$45.00 Resident

Class meets on Tuesdays

LOCATION: ED GARVEY REC BLDG

ZUMBA Instructor Amanda Kasiecki

- 6 Week Session – Non Resident \$50.00

- JAN. 24 thru FEB. 28

- TIME: 6:30 – 7:30 PM

- One Hour Class

**NOTE: In consideration of others please do NOT wear perfumes; scented body lotions, cologne etc., as this may cause discomfort or reactions to those with certain sensitivities. We appreciate your cooperation!**

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

TOWN: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_ CELL: \_\_\_\_\_

EMAIL: \_\_\_\_\_

**PLEASE PRINT NEATLY. NOTE: WE DO NOT SHARE EMAIL ADDRESSES)**

\_\_\_\_\_ Payment is by check or money order only payable to: Sandown Recreation. NO CASH

\_\_\_\_\_ I have initialed that I am age 18 or older.

\_\_\_\_\_ Please contact me if this class is full and if another class is added.

\_\_\_\_\_ Please send me information via email regarding upcoming recreation activities.

**WAIVER**

Participation in this sport/activity may involve risk of injury. As a parent/guardian/participant I am aware of these hazards and of the ability to participate. In consideration for participation in this program, I hereby for myself, my heirs, executors, and administrators waive and release all rights and claims against the **Town of Sandown, its officers, employees, agents, volunteers, supervisors** from all losses, injury, damages, fees, and other expenses, arising out of or in connection with participation in the activity/sport.

The above named cannot be responsible for any aggravation or injury caused as a result of pre-existing physical disabilities; including, but not limited to, allergies. The Parks & Recreation Department will be notified of any such special needs or sensitivities in writing prior to enrollment in this program. **I understand the cancellation/refund policy of the Parks & Recreation Department.** The Department encourages you to carefully consider your schedule prior to registration. This policy is strictly enforced thereafter. There are no class fee refunds.

\_\_\_\_\_  
PARTICIPANT SIGNATURE

\_\_\_\_\_  
DATE

**DO NOT FILL IN BELOW THIS LINE! OFFICE USE ONLY! DO NOT FILL THIS IN PLEASE**

AMT PAID \_\_\_\_\_ CHECK OR MONEY ORDER # \_\_\_\_\_ RESIDENT/NON-RESIDENT \_\_\_\_\_