

**Watertown Recreation Department**  
149 Main Street - Watertown, MA 02472  
Phone 617-972-6494 • (F) 617-926-6129  
recreation@watertown-ma.gov • www.recreation.watertown-ma.gov

**Program: Kids' Yoga & Mindfulness at Artemis Studio**

**Who:** Grades: K – 2  
Grades: 3 - 5

**When:** Wednesdays  
April 3, 2019 – May 29, 2019  
(Meets once a week for 8 weeks)  
No program: 4/17

**Time:** Grades K – 2: 3:30pm – 4:15pm  
Grades 3 – 5: 4:30pm – 5:30pm

**Where:** Artemis Yoga Studio  
639 Mount Auburn Street, Watertown

**Fee:** \$75.00 Residents \$100.00 Non-Residents



**Register Online:** Go to our website at [www.recreation.watertown-ma.gov](http://www.recreation.watertown-ma.gov) and select “**Online Registration**”

**Description:** Kids love learning yoga! In a fun, engaging class that is both active and calm, students will strengthen muscles and build flexibility while challenging themselves with new skills. Led by Tracy Affonso, an experienced yoga/mindfulness instructor and elementary school educator, this class incorporates breath awareness and kids will notice how being quiet makes them feel more confident and resilient. Starting yoga at a young age builds a lifelong awareness of its benefits for today's busy kids.

**Registration is on first come first serve basis** **Maximum of 18 students in each class**

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**Watertown Recreation Department**  
**Kids' Yoga & Mindfulness at Artemis Studio**  
**Grades K - 5**

Name: \_\_\_\_\_ Address: \_\_\_\_\_

School: \_\_\_\_\_ Grade: \_\_\_\_\_ Age: \_\_\_\_\_ D.O.B. \_\_\_\_\_ Gender: \_\_\_\_\_

E-mail Address: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_ Evening Phone: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_ / \_\_\_\_\_  
(Print) (Signature)

Check One: Grades K – 2 \_\_\_\_\_ Grades 3 - 5 \_\_\_\_\_

Fee Payment: Resident: \$75.00 \_\_\_\_\_ Non-Resident: \$100.00 \_\_\_\_\_

Child's Shirt Size (circle one) **Youth:** XS S M L XL **Adult:** S M (If Applicable)

Please make checks payable to “**Town of Watertown.**” **Please return registration to Recreation Office. Do not return to the school department.**

Please register your email on the “**Notify Me**” at our website [www.recreation.watertown-ma.gov](http://www.recreation.watertown-ma.gov) to receive future program information.

The Watertown Recreation Department has **Facebook, Twitter, Instagram and YouTube** pages. The Facebook address is @WatertownRecreationDepartment and the Twitter address is @Watertownrec. The address for Instagram and YouTube is watertownrecreation.