

Watertown Recreation Department
149 Main Street - Watertown, MA 02472
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Program: Yoga & Mindfulness for Middle Schoolers at Artemis Studio

Who: Grades: 6 – 8

When: Thursdays
April 4, 2019 – May 30, 2019
(Meets once a week for 8 weeks)
No program: 4/18

Time: 4:00pm – 5:00pm

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
and select “**Online Registration**”



Description: Specifically geared for busy middle school and teen students, the Middle School Yoga and Mindfulness Class is an opportunity to explore and learn yoga in a supportive, fun environment. Students will learn to safely test their agility and strength while becoming more flexible and toned. Class ends with a relaxation period. Led by Amy Hrobak, a yoga and mindfulness instructor and middle school social worker, this class balances mindfulness and breath work with building strength and body confidence. It's a wonderful opportunity for middle school and younger teens to unwind and unplug. No prior experience needed. Class is tailored by age group and both boys and girls are welcome.

Registration is on first come first serve basis

Maximum of 18 students

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Name: _____ Address: _____

School: _____ Grade: _____ Age: _____ D.O.B. _____ Gender: _____

E-mail Address: _____ Cell Phone: _____

Daytime Phone: _____ Evening Phone: _____

Parent/Guardian: _____ / _____
(Print) (Signature)

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.

Please register your email on the “**Notify Me**” at our website 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.