

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

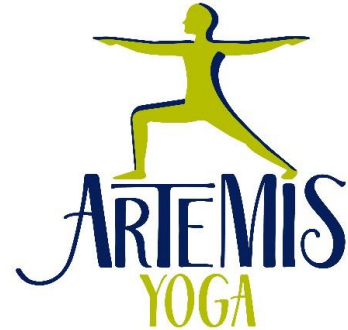
When: Wednesdays
November 20, 2019 – January 29, 2020
(Meets once a week for 8 weeks)
No program: 11/27, 12/25, 1/1/20

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: \$80.00 Residents \$110.00 Non-Residents

Register Online: Go to our website at www.recreation.watertown-ma.gov
and select **“Online Registration”**



Description: Younger and older kids will enjoy learning the fundamentals of yoga in a fun and engaging class that is both active and calm. Students will strengthen muscles, build flexibility and challenge themselves with new skills both individually and as a cooperative group. Everyone can practice yoga. No particular fitness level or experience required and classes are tailored by age group.

Registration is on first come first serve basis

Maximum of 18 students in each class

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: \$80.00 _____ Non-Resident: \$110.00 _____

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 to receive future program information.

The Watertown Recreation Department has **Facebook, YouTube, Twitter and Instagram** pages. The Facebook address is [WatertownRecreationDepartment](https://www.facebook.com/WatertownRecreationDepartment) and YouTube is [Watertown Recreation](https://www.youtube.com/WatertownRecreation). The Twitter address is [@Watertownrec](https://twitter.com/Watertownrec) and Instagram is [watertownrecreation](https://www.instagram.com/watertownrecreation).