

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

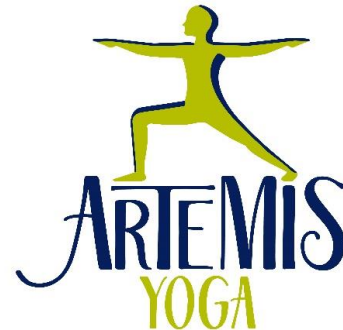
Who: Grades: K – 2
Grades: 3 - 5

When: Wednesdays
April 15, 2020 – June 10, 2020
(Meets once a week for 8 weeks)
No program: 4/22

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: 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**

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.

Visit the Watertown Recreation Department online at:

Facebook: www.facebook.com/WatertownRecreationDepartment **Twitter:** @Watertownrec

Instagram: watertownrecreation

YouTube: Watertown Recreation