

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

Program: Yoga at Artemis Studio

Who: Grades: 1 – 4
Grades: 5 - 8

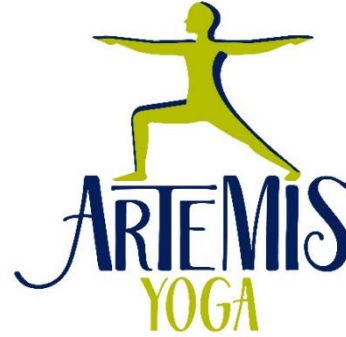
When: Mondays
April 25th – June 6th
(Meets once a week for 6 weeks)
No class on Memorial Day

Time: Grades 1 - 4: 6:00 pm – 7:00 pm

Grades 5 - 8: 7:00 pm – 8:00 pm

Where: Artemis Yoga
639 Mt Auburn St, Watertown, MA 02472

Fee: \$40.00 Residents \$65.00 Non-Residents



Register Online: www.watertown-ma.gov: **“Online Payments”**: Recreation Program Payments

Description: Everyone can practice yoga – no particular fitness level or experience required! This class will help you to build strength of body and mind in a supportive, fun environment. You will learn poses to build your agility, strength and flexibility. You will apply healthy techniques to relax and calm the mind. Class will end with a relaxation period so you can unwind. Come to class and have fun!

Registration is on first come first serve basis Maximum 18 each class

Watertown Recreation Department
Yoga at Artemis Studio
Grades 3-5 and 6-8

Name: _____ Address: _____

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

E-mail Address: _____ Cell Phone: _____

Daytime Phone: _____ Evening Phone: _____

Parent/Guardian's _____ / _____
(Print) (Signature)

Grades: 1 - 4: 6:00-7:00pm _____ Grades: 5 - 8: 7:00-8:00pm _____

Child's Shirt Size: (circle one) **Youth** S M L XL **Adult** S M L XL (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”** of the town's website www.watertown-ma.gov to receive future program information.

The Watertown Recreation Department has a **Facebook, Twitter and Instagram** pages. The Facebook address is <http://www.facebook.com/WatertownRecreationDepartment> and the Twitter address is @Watertownrec and Instagram is watertownrecreation.