



SHOREHAM-WADING RIVER CENTRAL SCHOOL DISTRICT

250 B Route 25A
Shoreham, NY 11786-2192

COMMUNITY PROGRAMS

Phone: (631) 821-8116
Web Site: vmorrell@swr.k12.ny.us

Fax: (631) 929-3001

KID'S YOGA WORKSHOPS – GRADES 3 thru 5 (MAX 15)



INSTRUCTOR: Anne O'Brien

DATES: SESSIONS 6: TUESDAYS MAY 6, 13, 20, 27 JUNE 3, 10

TIMES: 3:15PM – 4:15PM

LOCATION: WADING RIVER ELEMENTARY GYM OR AP ROOM

FEE: SWR STUDENTS ONLY: \$60.00

DESCRIPTION: Children will learn how the ancient science of yoga can help improve muscle tone, flexibility and strength. They will also learn how to create a wonderful feeling of well-being and calm within themselves. Each class will contain a lesson that children can take off their mats and into their day! Please have your child wear comfortable clothing that they can move freely in. Bring your own yoga mat, if you don't have a mat we have a few to lend.

Online Registration: <https://swr.revtrak.net>. Or use the registration form below

REGISTRATION FORM- KID'S YOGA

Complete the form below and mail along with your check made payable to:
Community Programs, SWR CSD 250 B Route 25A, Shoreham, NY 11786-2192

STUDENT NAME _____ Grade: _____

Mailing Address _____ Town _____ Zip _____

Home Phone: _____ E-Mail Address: _____

Emergency Contact Person _____ Emergency Phone # _____

Program: KID'S YOGA _____ Fee: \$60.00 _____

Parent/Guardian Signature

Date