



"12 DAYS OF YOGA" AND "DE - STRESS CHRISTMAS YOGA"



"12 Days of Yoga"
Join Jeanette in our sing-along yoga session. This is a one day class. Each person can bring one family member for free! This class is great for kids and adults!

Date: Tuesday, December 22

Time: 12pm-1pm

Location: Lewiston Community Center

"De-Stress Christmas Yoga"

Now that Christmas is over and the family has left the house, its time to get your 2021 year started off with more balance and joy!

Date: Tuesday, December 29

Time: 12pm-1pm

Location: Lewiston Community Center

Fee: \$25 for both classes or \$15 for one
Please Sign up by: Friday, December 18

Participant Name: _____

Phone: _____ Street Address: _____

City/State: _____

Emergency Contact: _____ Phone: _____

Doctor's Name: _____ Phone: _____

List any physical problems which should be noted: _____

Please select which session: "12 Days of Yoga" \$15 "De-Stress Yoga" \$15 Both \$25

PAYMENT METHOD

Check Make payable to City of Lewiston **Cash** **Total:** _____ **Receipt #:** _____

Credit Card: Visa Master Discover **Name on Card:** _____

Card Number: _____ - _____ - _____ - _____ **Exp. Date:** _____ / _____ **CVV Code:** _____

The Lewiston Parks and Recreation DOES NOT provide medical or accident insurance coverage. The participant is responsible. If participant is a minor, parent/guardian is responsible. I/we assume all risks and hazards incidental to such participation and do hereby waive, release, absolve, indemnify, and hold harmless the Lewiston Parks and Recreation for any claim arising out of injury to myself or my/our minor child. I grant the Lewiston Parks and Recreation permission to photograph myself and/or my child/ward and use the photos in displays and promotional materials. This document shall serve as a release for me, my child/ward and our heirs. I have signed this release voluntarily, with full understanding, under perjury, under laws of the State of Idaho.

Signature: _____ Date: _____

Please fill out and return this form with payment to:
Lewiston Parks & Recreation • PO Box 617 mail 1424 Main Street in-person Lewiston, ID 83501
Ph.208.746.2313 • Fx.208.746.9110 • www.cityoflewiston.org/parksandrec

The City of Lewiston will make all reasonable modifications to programs to ensure that people with disabilities have an equal opportunity to enjoy all of its programs, services, and activities. Anyone who requires an auxiliary aid or service for effective communication, or a modification of policies or procedures should make a request as soon as possible, but no later than 48 hours before the scheduled event, by contacting: City of Lewiston, Nikki Province, Human Resource Director at 1134 F Street, P.O. Box 617, Lewiston, Idaho 83501 • 208-746-3671 x 6211, Fax: 208-746-1907 • nprovince@cityoflewiston.org