

**2018 Registration Form - Session 7**

|                    |               |      |
|--------------------|---------------|------|
| Participant Name   | Date of Birth | Age: |
| Parent/Guardian    | Phone (    )  |      |
| Address            | Town          | Zip  |
| E-mail             | @             |      |
| Emergency Contact: | Phone Number  |      |

- YES I have insurance coverage in case of an accident/injury.
- NO I DO NOT have insurance coverage. I assume full responsibility in case of an accident/injury.

| <b>Swim Lessons</b>       |              |   | Member | Non Member | Total |
|---------------------------|--------------|---|--------|------------|-------|
| Private (1 child)         | One Lesson   | The Instructor will call you to schedule your lesson(s) | \$20   | \$30       |       |
|                           | Four Lessons |   | \$60   | \$70       |       |
| Semi-Private (2 children) | One Lesson   |   | \$25   | \$35       |       |
|                           | Four Lessons |   | \$80   | \$90       |       |

**Gymnastics**

|  |             |                           |      |      |  |
|--|-------------|---------------------------|------|------|--|
| October 29 - December 3 Monday   |             |                           |      |      |  |
| All Classes at the Town Life Center 603 Bond St North Manchester                             |             |                           |      |      |  |
| Pre-K & K Ages 4 - 6   | 4:15 - 5pm  |                           | \$55 | \$55 |  |
| Beginner Age 7+  | 5 - 6pm     | If Under 7 they must know | \$60 | \$60 |  |
| Forward roll, Can hold themselves up on the bar (front support), Can kick up to a handstand. |             |                           |      |      |  |
| Intermediate   | 6 - 7 pm    |                           | \$60 | \$60 |  |
| Must know Cartwheel, Round off, Bridge with straight arms, Pull over on bar.                 |             |                           |      |      |  |
| Advanced   | 7 - 8:15 pm |                           | \$72 | \$72 |  |
| Must know Back handspring, or have previous enrollment in gymnastics.                        |             |                           |      |      |  |

**Adult Classes**

|   |                  |        |             |      |      |  |
|---|------------------|--------|-------------|------|------|--|
| Aqua Abs - am   | Sept 24 - Nov 2  | M/W/F  | 7 - 8 am    | \$22 | \$45 |  |
| Cardio Tone   | Sept 24 - Oct 31 | M/W    | 6 - 6:45 am | \$15 | \$30 |  |
| Yoga-Fit  | Sept 25 - Nov 1  | Tu/ Th | 7 - 8 pm    | \$15 | \$30 |  |
| Punch Card (10 classes)   |                  |        |             | \$20 | \$30 |  |
| Punch cards can be used for any class of your choosing up to 10 classes per card. |                  |        |             |      |      |  |
| Silver Splash 8 am  | Sept 24 - Nov 2  | M/W/F  | 8 - 9 am    | Free | \$45 |  |
| Silver Splash 9 am  | Sept 24- Nov 2   | M/W/F  | 9 - 10 am   | Free | \$45 |  |
| Silver Sneakers Classic   | Sept 24 - Nov 2  | M/W/F  | 10-11 am    | Free | \$45 |  |

**Personal Training**

|                               |            |                               |                      |      |    |
|-------------------------------|------------|-------------------------------|----------------------|------|----|
| 30 Minute Session             | Year Round | Trainer will call to schedule | \$8                  | \$13 |    |
| 1 Hour Session                | Year Round |                               | \$15                 | \$25 |    |
| <b>Checks Payable to NMPR</b> |            |                               | <b>Total Amt Due</b> |      | \$ |

Paid \_\_\_\_/\_\_\_\_/2018 \$\_\_\_\_\_ Cash\_\_\_ Check #\_\_\_\_\_ CC\_\_\_ Other\_\_\_ Inv #\_\_\_\_\_ Staff \_\_\_\_\_