



In conjunction with Tinton Falls Recreation

Join us for children's group fitness for children in grades 4-7! This will be an hour class running on Sunday's, May 5, May 12, May 19, June 2, and June 9, from 10:00 am-11:00 am. \$60.00 for a total of five sessions . Classes will be held at Sycamore Recreation Complex, 977 Sycamore Ave, on Field 2. If it is raining, class will be held at Borough Hall.

Your child will learn:

- *Basics of leading healthy work out habits
- *Before bed workout routines
- *Importance of discipline
- *Increase your push-up count
- * Learn about reps and sets
- *Workout to music
- * Stretching
- *Build muscle
- * Gain Confidence
- *Learn proper form
- *GET STRONG

Click this link for a preview of the class: <https://m.youtube.com/watch?v=vkyD8n5kRr4>

Make Checks payable to Borough of Tinton Falls
Mail Checks to Tinton Falls Recreation, 556 Tinton Ave, Tinton Falls, NJ 07724
(732) 542-3400 x 253 recreation@tintonfalls.com

2019 REGISTRATION FORM

NAME: _____ GRADE: _____ AGE: _____ Sex: M F

ADDRESS: _____ CITY: _____ ZIP: _____

PARENTS CELL #: _____ EMAIL: _____

Does Your Child have any restrictions: _____

IMPORTANT: HOLD HARMLESS RELEASE (PLEASE READ): I understand there is no medical insurance coverage included in the registration for any program offered by the Department of Recreation. By participating in these programs, you assume your own medical insurance responsibilities. The Borough maintains a "Limited Form of Contract" accident insurance for sponsored programs which is intended to be only supplemental to your own personal health insurance. Participants in recreational activities sponsored by the Borough of Tinton Falls should recognize that conditions in an about the recreational facilities, and the nature of certain activities all present certain reasonable and unforeseeable risk of injury. Users/participants assume all reasonable risks which may exist by virtue of the conditions existing at the facilities, or by virtue of participation in the activities. Users/participants agree to hold harmless the Borough of Tinton Falls, its employees or volunteers in the event of accident or injury while participating in the activities and/or while using Borough and/or recreational facilities. Deposits are non-refundable. Refunds will not be issued after March 1, 2019.

Print Parents Name: _____ Signature: _____ Date: _____

(Office Use Only): Check #: _____ Cash: _____ Amount: _____