



## IT'S THAT TIME! 7-WEEK EXERCISE PROGRAM FOR MATURE ADULTS

Sandown Parks and Recreation has your Fall exercise all lined up and ready to go! This popular class is designed with the mature adult in mind – don't let the word 'exercise' scare you off!!! We even make it easy for you to try it out – no commitment! Just come to a free demo class on Tuesday, October 4<sup>th</sup> from 11 A.M. to 12 Noon and try it! If you like it and want to continue, turn in your registration paperwork and payment and continue on once each week for the next six-weeks ending June 7<sup>th</sup>. It's that simple! (You must pre-register for the demo class even if it is your 'trial' class so we know how many to expect – you may do this by simply calling the recreation office: 887-1872)

No spandex or sweating required here! Just a session of gentle stretches; balance and bone strengthening; tips for your health - and visiting and having a few laughs with other participants. Class is for men and women age 60 and above. All exercises may be adjusted to be done right from your seat! Session is taught by a retired physical education teacher. Don't worry – no detentions given!

Program is open to residents and non-residents. Come alone or bring a friend!

Following the demo, classes will continue on Tuesday mornings thru Nov. 15<sup>th</sup> from 11:00 AM to 12 Noon at the Edward Garvey Recreation Facility located at 25 Pheasant Run Drive in Sandown. 7-Week Session cost is \$10 for residents and \$12 for non-residents. Attend with spouse: \$18 resident couple and \$22 non-resident couple.

Payment is by check or money order ONLY and payable to: Sandown Recreation. **NO CASH IS ACCEPTED.** Registration forms on website at: [www.sandown.us](http://www.sandown.us) or at recreation office and town hall. Call 887-1872 with any additional questions. Please register by no later than September 29<sup>th</sup>. Call the recreation office to check space availability. Wear comfortable clothing; non-slip footwear, bring a water bottle; and tell a friend!

SANDOWN PARKS AND RECREATION  
PO BOX 642 25 PHEASANT RUN DRIVE  
SANDOWN, NH 03873  
603-887-1872  
[recreation@sandown.us](mailto:recreation@sandown.us)

**REGISTRATION  
MATURE EXERCISE – AGE 60 AND ABOVE**

**OCTOBER 4<sup>TH</sup> THRU NOVEMBER 15TH**

- 7 Week Session - \$10.00 Resident
- Attend With Spouse \$18 per couple
- Class meets on Tuesdays for 1 hour
- Edward Garvey Recreation Facility
- Wear comfortable clothing, non-slip footwear
- 7 Week Session – Non Resident \$12.00
- Attend With Spouse \$22 per couple
- 11 AM – 12 NOON
- 25 Pheasant Run Drive
- Bring Water Bottle

**INCONSIDERATION OF SENSITIVITIES – NO PERFUMES, COLOGNE, OR BODY SPRAYS PLEASE!**

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

TOWN: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_ CELL: \_\_\_\_\_

EMAIL: \_\_\_\_\_

**(NOTE: WE DO NOT SHARE EMAIL ADDRESSES)**

Please initial below:

\_\_\_\_\_ I am age 60 or above.

\_\_\_\_\_ Please send me information via email regarding upcoming recreation activities.

\_\_\_\_\_ I understand the refund/cancellation policy of the Parks and Recreation Dept.

**WAIVER**

Participation in this sport/activity may involve risk of injury. As a parent/guardian/participant I am aware of these hazards and of the ability to participate. In consideration for participation in this program, I hereby for myself, my heirs, executors, and administrators waive and release all rights and claims against the Town of Sandown, its officers, employees, agents, volunteers, supervisors from all losses, injury, damages, fees, and other expenses, arising out of or in connection with participation in the activity/sport. The above named cannot be responsible for any aggravation or injury caused as a result of pre-existing physical disabilities; including, but not limited to, allergies. The Parks & Recreation Department will be notified of any such special needs or sensitivities in writing prior to enrollment in this program. I understand the cancellation/refund policy of the Parks & Recreation Department. The Department encourages you to carefully consider your schedule prior to registration. This policy is strictly enforced thereafter.

\_\_\_\_\_  
PARTICIPANT SIGNATURE

\_\_\_\_\_  
DATE

**PLEASE CONSIDER YOUR SCHEDULE – NO REFUNDS FOR WITHDRAWAL**