

Portland Parks and Recreation  
265 Main Street, PO Box 71, Portland, CT 06480  
(860)-342-6757

Adult Spring Programs

**Kundalini Yoga**

Dates: April 6 – June 8                      **NO CLASS: May 31st**  
Day: Mondays                                      Site: Buck Foreman, 265 Main Street  
Resident: \$80 per session    Non Resident: \$90 per session    Time: 5:30 p.m. to 6:45 p.m.  
Min: 10    Max: 16                                      Age: 18 years and older                      Instructor: Janet Karp

**Hula Hooping & Nia Dancing**

**FREE DEMO DAY – Tuesday, April 6<sup>th</sup>**

**Come try our new adult fitness class on Tuesday's**

Kimnetics Hooping                                      Time: 5:30 p.m. – 6:20 p.m.

Kimnetic Nia Dance                                      Time: 6:30 p.m. – 7:30 p.m.

Both classes are at Valley View School – must pre-register at the Parks and Recreation.

Spring Session of **Hula Hooping & Nia Dancing**

Day: Tuesdays                                      Date: April 20 – May 25

Instructor: Kim Renee Thibodeau    Site: Valley View                                      Min: 10    Max: 20

Age: 13 years and older    participants under the age of 18 must be accompanied by an adult

Kimnetics Hooping.    Time: 5:30 p.m. – 6:20 p.m.    Fee: \$95 Resident/\$105 Non-Resident

If you already have a fitness hoop, fee will be \$60 Resident/\$70 Non-Resident

Kimnetic Nia Dance Time: 6:30 p.m. – 7:30 p.m.                      Fee: \$60 Resident/\$70 Non-Resident

**Zumba**

Day: Wednesdays

Date: April 21 – June 9th

Fee: \$80 resident/\$90 non-resident

Time: 6:00 pm to 7:00 pm

Age: 13 and older; participants under 18 must be accompanied by a registered adult

Site: Valley View School

Instructor: Brian LaRoe

**Pilates** Class is taught by a Personal Euphoria Pilates Certified Instructor

**Spring Session: April 8 – June 10**

**Summer Session: July 8 – September 9**

Day: Thursdays    Min: 10    Max: 16    Site: Buck Foreman, 265 Main Street

Age: 18 years and older                      Time: 5:30 p.m. – 6:30 p.m.

Fee: \$90 Resident per session/\$100 Non-Residents per session

**Men's Drop in Basketball**

**Over 30 Men's Drop in Basketball**

Portland Middle School

Day: Tuesdays

Dates: April 6 – May 25th

**New Time: 7:00 – 9:00 p.m.**

No Program: April 13th

**Under 30 Men's Drop in Basketball:** Portland Middle School

Day: Thursdays

Dates: April 8 – May 27th

**New Time: 7:00 – 9:00 p.m.**

No Program: April 15th

**Ladies Spring Golf Clinic-Ladies Night Out**

Always wanted to learn how to play golf or just brush up on your skills? Parks and Recreation in cooperation with Portland West will offer a ladies golf clinic. Golf Professional Gerry D'Amora from Portland West will be the instructor of this 5-week session. Maximum of 10 students.

Day: Tuesday                                      Dates: April 27 – May 25                      Time: 6:00 to 7:00 p.m.

Fee: \$110                                      Site: Portland West

**Please register for all classes through the Parks and Recreation Office**

**For more information on each program, please see our Spring and Summer Brochure**

PORTLAND PARKS AND RECREATION

Po Box 71, 265 Main Street, Portland, CT 06480 Phone: 342-6757 Fax: 342-6763
www.portlandct.org

Participant's Name: Phone Number:

Street Address Apt. # Town: Zip Code:

Male: Female: Date of Birth School Grade:

Under 18 years old, please fill in parent information

Mother's Name Father's Name

Home Number E-mail Address:

Mom's Work Phone: Dad's Work Phone:

Mom's Cell Phone: Dad's Cell Phone:

If a parent is not available:

Emergency Contact: Relationship:

Home Phone # Work Phone: Cell Phone #

Child's Physician: Phone #:

\* If there are any medical concerns or allergies that we should be aware of, please list below:

In case of an emergency, may we transport via ambulance? Please circle: Yes No

Please list anyone who does not have permission to pick up your child (If this is a biological parent, a copy of the court order must accompany this form).

I give the Portland Parks and Recreation Dept. permission to use any photographs taken during the program to be used in any advertising, i.e. web site, program literature: Yes No

Table with 3 columns: Program(s), Date & Time, Fee. Rows 1, 2, 3.

TOTAL:

I hereby agree to hold harmless the Town of Portland and its agents for any accidental injury caused by participation in any Town of Portland sponsored activities. In signing this form, it is understood that Portland Parks and Recreation Department and the Town of Portland DO NOT assume responsibility for accidents and the participant(s) agree(s) to abide by all rules and regulations set by the Portland Parks and Recreation Department.

Parent or Guardian: (Print Name) (Signature) (Date)

