



CRANBURY RECREATION COMMISSION
 23A NORTH MAIN STREET
 CRANBURY, NJ 08512
 (609) 395-0900 x*243



TAI CHI - Winter 2018

The Cranbury Recreation Commission will be sponsoring TAI CHI for Cranbury Residents. Tai Chi is an art that stresses slow breathing, balanced & relaxed postures and absolute calmness of mind. Classes will be conducted by Ms. June Counterman; she has been teaching Tai Chi for over 20 years and has studied with several Chinese Grand Masters including the head of the Yang family.

The classes will be held at the St. David's Church on TUESDAYS beginning January 9th through February 27th, 2018 from 9:30 am - 10:30 am.

The fees are as follows: Seniors = \$40, Non-Seniors = \$65.

There will be no refunds once the program begins.

CRANBURY RECREATION COMMISSION
 TAI CHI - Winter 2018
 REGISTRATION FORM

Name _____ Age _____

Address _____ City/State/Zip _____

Home Phone _____ Business/Emergency Phone _____

E-mail _____

I, _____ do hereby consent to participate in the Tai Chi Program sponsored by the Cranbury
Participant Name

Township Recreation Commission. I certify that I am in proper physical condition for safe participation. I understand and recognize that there is a risk of injury by participation in the program.

I agree to indemnify and hold harmless Cranbury Township, the Cranbury Township Recreation Commission, their agents and employees from any injuries I may sustain by participating in this program.

 Signed - Participant

 Date

_____ Total Fee Enclosed

**Make all checks payable to CRANBURY RECREATION COMMISSION
 and mail to the above address**

