

NAME _____

ADDRESS _____

ZIP _____

PHONE _____

EMAIL _____

AGE _____

NEW PARTICIPANT? **Y** **N**

PARTICIPANT AGREEMENT

1) I verify that I have consulted with my doctor and have permission to participate in CityParks Seniors Fitness, administered by City Parks Foundation (CPF). I understand and assume the risk incidental to any of the activities I will participate in, and I release, and agree to hold harmless CPF, The City of New York / Parks & Recreation and any other sponsors and the parents, subsidiaries, agents, officers, and employees thereof from any and all liabilities resulting from such causes.

2) During the time of my participation, I hereby grant CPF, its employees, and its agencies full authority to take whatever actions they consider to be warranted for the protection of my health and safety. In addition, I also hereby release each of them from any liability from any such decision and actions taken by them forthwith. The authority shall include the right to obtain, and without further consent, appropriate medical services and treatment.

3) I grant CPF, the City of New York / Parks & Recreation and its subsidiaries, the right to videotape, film, and photograph me, and the right, in perpetuity, to use my name, likeness, biographical information and voice in all forms of media (including the internet) in connection with the advertising and promotion of CPF and/or the City of New York / Parks & Recreation.

SIGNED _____

DATE _____ **SPRING 2013**

City Parks Foundation
**Seniors
Fitness**

Olmsted Center
Flushing Meadows Park, NY 11368

CityParks
**Seniors
Fitness**

TENNIS • YOGA • WALKING

April 29 - June 21, 2013



**FREE
LESSONS**
for adults ages 60+
PROMOTING HEALTHY
LIFESTYLES IN NYC PARKS

SUPPORTED BY
Zwicker Electric; New York
City Council under the Leadership
of Christine C. Quinn; NYC Council
Member Julissa Ferreras; NYC Council
Member Vincent Ignizio; NYC
Council Member Jessica Lappin.



IN COOPERATION WITH

NYC Parks

Exercise, even in moderate amounts, can help us feel and look better, maintain or lose weight, reduce our risk for heart disease and diabetes, and minimize the symptoms of arthritis.

If you are age 60 or over, **CityParks Seniors Fitness** provides a fun, FREE way this spring to get started ... and keep active.

Have fun getting fit!

Learn a new activity and make new friends in your neighborhood park.



8-week season begins April 29th

TENNIS LESSONS
FITNESS WALKS
YOGA INSTRUCTION

- QUEENS** Astoria Park • Cunningham Park
Flushing Meadows Corona Park • Roy Wilkins Park
- BRONX** Pelham Bay Park • Soundview Park
Van Cortlandt Park
- MANHATTAN** Carl Schurz Park
Central Park • John Jay Park
- BROOKLYN**
Marine Park • South Oxford Park
- STATEN ISLAND** Greenbelt Park

To register, complete the attached application and mail to:
City Parks Foundation
Seniors Fitness, Olmsted Center
Flushing Meadows Park, NY 11368

See you on the first day of class!



TO REGISTER

All activities are FREE and include free use of equipment. Activities take place twice a week for one hour. Participants are encouraged to register for multiple activities, if available, and to maintain regular attendance. Class sizes for yoga are limited and open on a first-come basis. **PLEASE CHECK the park and activities that you would like to participate in:**

BRONX

- Pelham Bay Park**
Middletown Road & Stadium Ave
○ **YOGA T/Th 9AM**
- Soundview Park**
Lafayette Ave bet. Boynton and Colgate
○ **WALKING M/W 9AM**
○ **YOGA M/W 10AM**
- Van Cortlandt Park**
Woodlawn Tennis Courts
Jerome Ave & E. 233 St
○ **WALKING T/Th 9AM**
○ **YOGA M/W 9AM**

MANHATTAN

- Carl Schurz Park**
E. 86 St & East End Ave
○ **WALKING T/Th 9AM**
○ **YOGA T/Th 9AM**
- Central Park**
Tennis Courts
93rd St. near West Drive
○ **TENNIS F 1-3PM**
- John Jay Park**
E. 77 St & Cherokee Place
○ **YOGA T/Th 10:30AM**

QUEENS

- Astoria Park**
Tennis Courts
21 St & Hoyt Ave S
○ **TENNIS M/W 10AM**
- Cunningham Park**
Tennis Courts
Union Turnpike & 193 St
○ **TENNIS T/Th 9AM**
○ **YOGA T/Th 10AM**

BROOKLYN

- Marine Park**
○ **TENNIS T/Th 11AM**
Tennis Courts Ave S & E. 32 St
○ **YOGA M/W 9AM**
Nature Center Ave U & E. 32 St
- South Oxford Park**
S. Oxford St & Atlantic Ave
○ **YOGA M/W 11AM**

STATEN ISLAND

- Greenbelt Park**
Brielle Ave bet Rockland & Wolcott
○ **TENNIS M/W 10AM**
○ **YOGA W/F 9AM**

- Flushing Meadows Corona Park**
Tennis Courts Meridian Rd
○ **TENNIS M/W 9AM**
○ **YOGA M/W 11AM**

- Roy Wilkins Park**
Tennis Courts
Baisley Blvd & 177 St
○ **TENNIS T/Th 10AM**
○ **YOGA T/Th 9AM**

Please complete this application and read and sign **PARTICIPANT AGREEMENT** on back.