

INTRODUCTION TO WORKOUT IN THE WEIGHT ROOM GRADE 5

Susan Silver, Coach, former Bromfield PE Teacher

March 13, 20, 27, Early Release Days 1:30-2:30 p.m.



NEW THIS YEAR! Work out in the Weight Room has been offered to students in grades 6-8 for the past several years. This year, Mrs. Silver is offering a introduction class for 5th grade students. Come learn the correct way to use the equipment in the Weight Room and devise a personal workout. Students will work to tone their muscles including their heart. Elliptical, stepper, bike and treadmill will be available.

Wednesdays, February March 13, 20, 27 (Early Release Days 3 classes 1:30-2:30 p.m.)

Bromfield Weight Room

**Class minimum: 8 Maximum: 12
Fee: \$25.00**



Space is limited! Register quickly!

Class size is limited. Registration is on a first-come, first-served basis. Transportation will not be provided. Full payment must accompany registration. **REFUND POLICY:** Class fee is non-refundable. Check will be returned only if a class is cancelled.

Harvard Community Education does not discriminate on the basis of race, national background, religion, gender, economic status, political party, age, handicap and other human differences in admission to, access to, treatment in or employment in its programs or activities. The following person has been designated to handle inquiries regarding the nondiscrimination policies: Director of Pupil Services, Harvard Public Schools, 978-456-4143.

Harvard Community Education, 39 Massachusetts Ave., Harvard, MA 01451
978-456-418 jcavanaugh@psharvard.org

Community Education —WEIGHT ROOM Gr 5, Winter 2019
Use this form or register ONLINE at
Www.psharvard.org, use the “Departments” link, then
Community Education, Spectrum

Name _____ Teacher _____

Address _____

Home Phone _____ Cell Phone _____

Parent(s) _____ Work Phone _____

e-mail _____

**PLEASE PRINT Confirmation is done via e-mail.
If you do not use e-mail please call the office to confirm registration.**

Make check payable to: Town of Harvard, 39 Mass. Ave., Harvard, MA 01451
*Non Residents (does not include School Choice) please add \$10 non-resident fee
OR Pay online using the Online Payment Center (Community Ed/Spectrum) and email a copy of your payment confirmation number to jcavanaugh@psharvard.org.
BOTH Payment and Registration MUST be received in order be registered/participate.

I, the undersigned, attest I am the parent or legal guardian of the above named child who attends the Community Education/Spectrum program and agree to allow him/her to participate in the above listed Spectrum class. I further agree to indemnify and hold harmless the staff, administrators, and official assistants and to absolve them from any and all liability arising from my child's participation in this activity.

I have read and am fully aware of the Refund Policy of Harvard Community Education and the Spectrum Program.

PARENT/GUARDIAN SIGNATURE

DATE



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