

# WORKOUT IN THE WEIGHT ROOM GRADES 6-8



*Susan Silver, Coach, former Bromfield Physical Education Teacher assisted by Bromfield Staff Members*



3 weeks, February 25-March 14, 2019 (Mon.-Thurs.)

A continuation of the Physical Ed curriculum at Bromfield, students will devise a personal workout. They will work to tone their muscles including their heart. Elliptical, stepper, bike and treadmill will be available.

**Students must be registered in advance to attend.** Students may participate as many days per week as they wish, everyday participation in not required. Come one day a week or come four. The choice is yours!

### Monday-Thursday

**February 25-28, March 4-7, March 11-14, 2019 3 weeks**  
**3:00-4:00 p.m. (Early Release March 13 12:30-1:30)**

**Class minimum: 12**  
**Fee: \$70.00**

### Bromfield Weight Room



Space is limited! Register quickly!  
***Drop your registration off at the Community Ed office in the Bromfield House (mailbox on the porch for before/after hours drop off)***

Class size is limited. Registration is on a first-come, first-served basis. If the class is full your check will be returned by mail. Confirmations are sent via email.

Transportation will not be provided. Full payment must accompany registration.

REFUND POLICY: Once a class has reached minimum enrollment, no refunds will be issued. Check will be returned only if a class is cancelled.

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

Community Education —WEIGHT ROOM Gr 6-8, Winter 2019  
Use this form or register ONLINE at  
Www.psharvard.org, use the “Departments” link, then  
Community Education, Spectrum

Name \_\_\_\_\_ GR \_\_\_\_\_

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 to be registered/participate.

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.

**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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