

Mount Kisco Recreation ***Presents Summer Programs***



Intro to Fitness Club for Kids

*****FREE PROGRAM*****

Everyone off the couch! Want to take a hike? I will instruct students in exercise and activities that will combine stretching, walking, jogging, outdoor games and aerobics.

Location: Memorial Complex, Leonard Park
 Ages: 11 & 12
 Day/Time: Tuesdays 6:30-7:30pm
 Dates: 7/26, 8/2, 8/9, 8/16
 Fee: **FREE!!!!**
 Instructor: Gary Fisher

Intro Run 4 Fun Series

*****FREE PROGRAM*****

Come join us for a Fun 4 Run in the Park. Join with your friends. This program helps promote self-confidence, self-esteem, proper running forms/techniques, strength training all while having fun with friends.

Location: Memorial Complex, Leonard Park
 Ages: 13 & up
 Day/Time: Thursdays 6:30-7:30pm
 Dates: 7/28, 8/4, 8/11, 8/18
 Fee: **FREE!!!**
 Instructor: Gary Fisher

Tennis Lessons



Come get in the *SWING* of things. We are offering Private and Semi-private Tennis Lessons for children. Tennis helps to promote coordination, flexibility, and increase bone strength. So why not take advantage of these positive attributes, exercising while learning a *Life Long Skill* that can be played at any age.

Location: Leonard Park Tennis Courts
 Day: Wednesdays, Thursdays & Fridays
 Group Lessons: 4 week Session Ages: 6 & 7 year olds
 (4) 1/2hour Lessons \$100.00
 (4) 1 hour Lessons \$180.00
 Dates/Time: July 21, 28, August 4, 11 @ 4:00pm
 Private Lessons: (4) ½ hour Lessons \$120.00
 (4) 1 hour Lessons \$ 180.00
 Instructor: Melanie Laub
Private Lessons can be arranged* Contact the office 666-3059

Circle the program: *Free* Intro Fitness Club *Free*Intro Run 4 Fun Summer Tennis Lessons

Participant's Name: _____ D.O.B. _____ Age: _____ Grade Entering 2016: _____
 Address: _____ Town: _____ Zip: _____
 Home Phone#: _____ Cell Phone #: _____
 Work Phone#: _____ Email: _____
 Emergency Contact: _____ Emergency Phone#: _____
 Any known medical conditions: _____
 Doctor's Name: _____ Doctor's Phone #: _____

General Release the undersigned hereby releases the Village/Town of Mt. Kisco its Village Board and Commission employees and volunteers thereof, of any responsibilities should an accident or injury occur to the above named participant as a result of participation in the aforementioned program sponsored by the Mt. Kisco Recreation Commission. I understand the Recreation Commission may use photos taken during events unless I notify them in writing.
 Participant's Signature (Parent/Guardian, if under age 18) _____

Office use only: Receipt#: _____ Check#: _____ Date: _____ Initials: _____ RecTrac#: _____

SUMMER PROGRAMS