

NAME _____

ADDRESS _____

_____ ZIP _____

PHONE _____

EMAIL _____

BIRTHDATE _____ 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 _____ **FALL 2010**

CITY PARKS FOUNDATION
Seniors
FITNESS

Olmsted Center
Flushing Meadows Park, NY 11368

CITYPARKS
Seniors
FITNESS
FALL 2010

PROMOTING HEALTHY
LIFESTYLES IN NYC PARKS

FREE
FOR ADULTS AGES 60+



**SEPTEMBER 20 -
OCTOBER 29, 2010**

SPONSORED BY Zwicker Electric; Congressman Eliot Engel; Congressman Michael McMahon; Congressman Charles B. Rangel; New York City Council under the Leadership of Christine C. Quinn; New York City Council Manhattan Delegation; NYC Council Member Leroy Comrie; NYC Council Member Julissa Ferreras; NYC Council Member Jessica Lappin.

IN COOPERATION WITH



City of New York
Parks & Recreation

Have fun getting **FIT** in the parks

LEARN A NEW ACTIVITY
AND MAKE NEW FRIENDS



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 fall to get started... and keep active.

TENNIS LESSONS FITNESS WALKS YOGA INSTRUCTION

6-week season begins September 20th

QUEENS

ASTORIA PARK • ROY WILKINS PARK
FLUSHING MEADOWS CORONA PARK
CUNNINGHAM PARK

BRONX

VAN CORTLANDT PARK/WOODLAWN
PELHAM BAY PARK • CROTONA PARK

MANHATTAN

INWOOD HILL PARK • CARL SCHURZ PARK

BROOKLYN

MARINE PARK • RED HOOK PARK
SOUTH OXFORD PARK • KAISER 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

You will receive a confirmation of your start date
and time prior to your first session.



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:

QUEENS

ASTORIA PARK

Tennis Courts

21 St & Hoyt Ave S

○ **TENNIS M/W 10AM**

CUNNINGHAM PARK

Tennis Courts

Union Turnpike & 193rd St

○ **TENNIS T/Th 10AM**

○ **YOGA T/Th 11AM**

ROY WILKINS PARK

Tennis Courts

Baisley Blvd & 177th St

○ **TENNIS T/Th 10AM**

○ **YOGA T/Th 9AM**

FLUSHING MEADOWS CORONA PARK

Tennis Courts Meridian Rd

○ **TENNIS M/W 10AM**

○ **YOGA M/W 9AM**

BRONX

CROTONA PARK

Tennis Courts

E. 173rd St & Crotona Ave

○ **TENNIS M/W 9AM**

○ **YOGA M/W 11AM**

VAN CORTLANDT/ WOODLAWN

Woodlawn Tennis Courts

Jerome Ave & E. 233 St

○ **TENNIS M/W 10:30AM**

○ **YOGA M/W 9AM**

○ **WALKING T/Th 9AM**

PELHAM BAY PARK

Middleton Road & Stadium Ave

○ **YOGA M/W 9AM**

MANHATTAN

INWOOD HILL PARK

Tennis Courts

W. 207th St and Seamon Ave

○ **TENNIS M/W 10AM**

○ **YOGA T/Th 9AM**

CARL SCHURZ PARK

E. 86 St & East End Ave

○ **YOGA M/W 10AM**

○ **WALKING M/W 9AM**

BROOKLYN

MARINE PARK

Tennis Courts

Ave S & E. 32 St

○ **TENNIS W/F 10AM**

○ **YOGA M/W 9AM**

RED HOOK PARK

Recreation Center

155 Bay St & Clinton St

○ **YOGA T/Th 9:30AM**

SOUTH OXFORD PARK

S. Oxford St & Atlantic Ave

○ **TENNIS T/Th 10AM**

○ **YOGA W/F 11AM**

KAISER PARK

Neptune Ave & W 28 St

○ **TENNIS T/Th 10AM**

STATEN ISLAND

GREENBELT PARK

Brielle Ave btwn Rockland
and Wolcott

○ **TENNIS M/W 10AM**

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