

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.

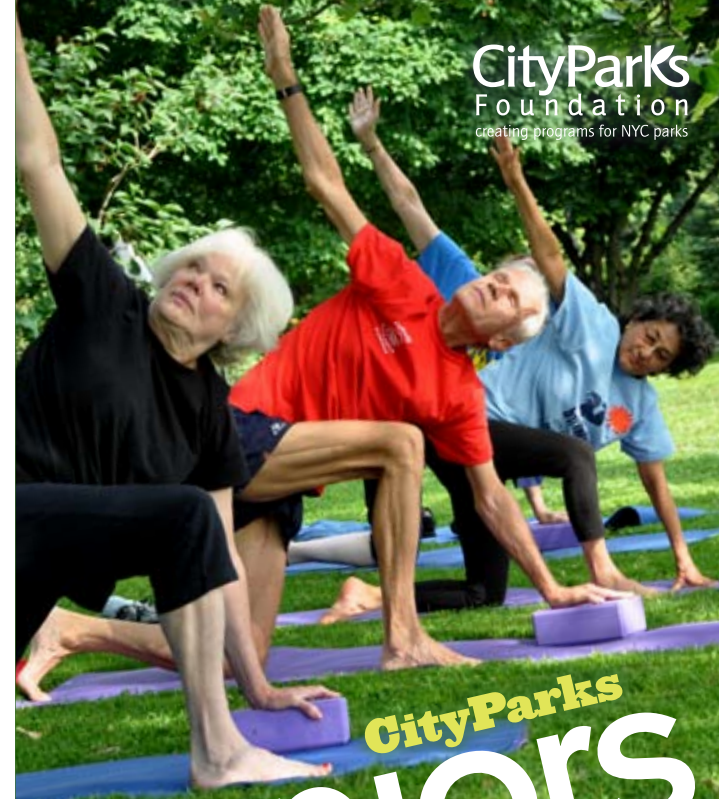
SIGNED \_\_\_\_\_

DATE \_\_\_\_\_ **FALL 2011**

**See you on the first day of class!**

City Parks Foundation  
**Seniors  
Fitness**

Olmsted Center  
Flushing Meadows Park, NY 11368



**CityParks  
Foundation**  
creating programs for NYC parks

**CityParks**  
**Seniors  
Fitness**  
**TENNIS • YOGA • WALKING**  
**SEPTEMBER 19 – OCTOBER 28, 2011**

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

**IN COOPERATION WITH**



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

# Have fun getting fit!

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



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 19

### QUEENS

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

### BRONX

CROTONA PARK  
VAN CORTLANDT PARK/WOODLAWN  
PELHAM BAY PARK

### MANHATTAN

CARL SCHURZ PARK • JOHN JAY PARK  
INWOOD HILL PARK • THOMAS JEFFERSON PARK

### BROOKLYN

KAISER PARK • MARINE PARK  
RED HOOK 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



### 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

**Crotona Park  
Tennis Courts**  
E. 173rd St & Crotona Ave  
○ **TENNIS M/W 9AM**

**Pelham Bay Park**  
Middletown Road & Stadium Ave  
○ **YOGA M/W 9AM**

**Van Cortlandt/  
Woodlawn  
Woodlawn Tennis Courts**  
Jerome Ave & E. 233 St  
○ **WALKING T/Th 9AM**  
○ **YOGA M/W 9AM**

#### BROOKLYN

**Kaiser Park**  
Neptune Ave & W 28 St  
○ **TENNIS T/Th 10AM**

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

**Red Hook Park  
Recreation Center**  
155 Bay St & Clinton St  
○ **YOGA M/W 10AM**

**South Oxford Park**  
S. Oxford St & Atlantic Ave  
○ **TENNIS W/F 10AM**  
○ **YOGA W/F 11AM**

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

#### MANHATTAN

**Carl Schurz Park**  
E. 86 St & East End Ave  
○ **WALKING M/W 8AM**  
○ **YOGA T/Th 9AM**

**Inwood Hill Park  
Tennis Courts**  
W. 207th St & Seamon Ave  
○ **YOGA T/Th 9AM**

**John Jay Park**  
E.77 St. and Cherokee Place  
○ **YOGA T/Th 10:30AM**

**Thomas Jefferson Park**  
112th St & 1st Ave  
○ **YOGA M/W 10AM**

#### 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 9AM**  
○ **YOGA T/Th 10AM**

**Flushing Meadows  
Corona Park  
Tennis Courts** Meridian Rd  
○ **TENNIS M/W 10AM**  
○ **YOGA M/W 9AM**

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

#### STATEN ISLAND

**Greenbelt Park**  
Brielle Ave btwn Rockland & Wolcott  
○ **TENNIS M/W 10AM**

For information, call **(718) 760-6999** or visit [www.CityParksFoundation.org](http://www.CityParksFoundation.org)