

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_

\_\_\_\_\_ **Zip**

**Phone** \_\_\_\_\_

**Email** \_\_\_\_\_

**Birthdate** \_\_\_\_\_

**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 \_\_\_\_\_

**CITY PARKS FOUNDATION**

Seniors Fitness Program

Olmsted Center

Flushing Meadows Park, NY 11368

# CityParks Seniors Fitness Spring 2009

PROMOTING HEALTHY  
LIFESTYLES IN NYC PARKS

**FREE** FOR SENIORS AGES 60+



**May 4–June 26, 2009**

SPONSORED BY  
Zwicker Electric

Hon. Scott Stringer, Manhattan Borough President

Hon. Martin J. Golden, NYS Senator, 22nd District

IN COOPERATION WITH



# Have Fun Getting Fit in the Parks

## LEARN A NEW ACTIVITY & 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 spring to get started...

and keep active.



- **TENNIS LESSONS**
- **YOGA INSTRUCTION**
- **FITNESS WALKS**

**8-WEEK SEASON BEGINS  
MAY 4TH:**

### QUEENS

**Astoria Park**  
**Roy Wilkins Park**  
**Flushing Meadows Corona Park**

### BRONX

**Van Cortlandt Park/Woodlawn**  
**Pelham Bay Park**

### MANHATTAN

**Inwood Hill Park**

### BROOKLYN

**Marine Park**  
**Red Hook 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.

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



## 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** M/W 10AM Tennis Courts 21 St & Hoyt Ave S

#### **Roy Wilkins Park**

○ **TENNIS** T/TH 10 AM Tennis Courts Baisley Blvd & 177th St

○ **YOGA** T/F 11 AM Tennis Courts Baisley Blvd & 177th St

#### **Flushing Meadows Corona Park**

○ **TENNIS** M/W 10 AM Park Tennis Courts Meridian Rd

○ **YOGA** M/W 9 AM Park Tennis Courts Meridian Rd

○ **WALKING** T/TH 9 AM Park Tennis Courts Meridian Rd

### BRONX

#### **Van Cortlandt Park/Woodlawn**

○ **TENNIS** T/TH 10 AM Woodlawn Courts Jerome Ave & E 233 St

○ **YOGA** M/W 9 AM Woodlawn Courts Jerome Ave & E 233 St

○ **WALKING** T/TH 9 AM Woodlawn Courts Jerome Ave & E 233 St

#### **Pelham Bay Park**

○ **TENNIS** T/TH 10 AM Middleton Road & Stadium Ave

○ **YOGA** M/W 9 AM Middleton Road & Stadium Ave

○ **WALKING** M/W 9 AM Middleton Road & Stadium Ave

### MANHATTAN

#### **Inwood Hill Park**

○ **TENNIS** M/W 10 AM Tennis Courts W 207 St & Seaman Ave

○ **YOGA** T/TH 9 AM Tennis Courts W 207 St & Seaman Ave

### BROOKLYN

#### **Marine Park**

○ **TENNIS** M/W 10 AM Tennis Courts Ave S & E 32 St

○ **YOGA** T/TH 9 AM Nature Center Ave U & E 32 St

○ **WALKING** T/TH 10 AM Nature Center Ave U & E 32 St

#### **Red Hook Park**

○ **YOGA** M/W 9 AM Recreation Center 155 Bay St

### STATEN ISLAND

#### **Greenbelt Park**

○ **TENNIS** M/W 10 AM 501 Brielle Ave

○ **YOGA** M/W 9 AM & 10 AM (two 1-hr sessions) 501 Brielle Ave

**PLEASE COMPLETE THIS APPLICATION AND  
READ AND SIGN PARTICIPANT AGREEMENT ON BACK**