

**Township of Nutley**  
**Department of Parks and Recreation**  
**Commissioner Mauro G. Tucci**



# YOGA for KIDS

This program is open to Nutley Toddlers ages 3—5

**Registration** may be submitted to the Recreation Department, 44 Park Ave. or Online registration is available at :

<https://register.communitypass.net/nutley>

**Registration Fee** is \$30.00 per person. Please make checks payable to Township of Nutley/Kids Yoga

In Yoga for kids we will practice yoga postures and beginning exercises that will instill long-term goals and benefits. Without realizing it, children are learning techniques to help their bodies become healthier, stronger and more relaxed.

Yoga for kids is a discipline that can lead children on the path toward a calm and balanced mind, as well as helping them to build strong and flexible bodies. Benefits of yoga will include: Increased strength and flexibility, builds self esteem, promotes self discipline, teaches calmness and self control. Limited space is available for this class.

**Mondays - 6 week program**

**65 BLOOMFIELD AVE. Parks and Recreation ANNEX**

**Monday Mornings 9:30a.m.— 10:15a.m.**

**January 8, 22, 29 February 5, 12, 26**

**NO CLASS JANUARY 15 FEBRUARY 19**

**A towel or yoga mat is required. Children are required to wear loose clothing.**

NO REFUNDS AFTER PROGRAM BEGINS

Yoga Kids – Winter 2024

Child's Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ Email: \_\_\_\_\_

Age: \_\_\_\_\_ Birth Date: \_\_\_\_\_

The undersigned parent or guardian of the child named above does hereby grant permission for said child to engage in all Nutley Recreation activities. I hereby waive, release and discharge the organizers, sponsors, supervisors, or the Township of Nutley jointly and severally, from any claim for injuries that may be sustained by said child while engaging in activities or matters incidental to the above program.

Signature of parent/guardian is required for participation. \_\_\_\_\_

Please initial that you have read the: Code of Conduct \_\_\_\_\_ Covid-19 Waiver \_\_\_\_\_