

TRURO COMMUNITY EDUCATION CLASSES

SESSION 2 SPRING 2021

REGISTRATION & INFORMATION

CONTACT

Truro Community Education

Heather Harper, Director

Truro Central School, 317 Route 6

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WHEN AND WHERE CLASSES BEGIN

- Most classes begin the week of May 3, 2021 and May 10, 2021.
- Descriptions of the classes will indicate when the classes begin and end
- HOW TO REGISTER
- Download a registration form from the Truro Central School website and mail to:
- Truro Central School PO Box 2029 Truro, MA 02666 Attn: Heather Harper

CLASSES

Core and More Class

Kathy Stetson

ZOOM

Class Begins May 12, 2021 (4 weeks)

Wednesdays, 12:00 – 1:00 pm

\$40.00/\$35.00 (Sen. Discount)

This class offers a blend of core and total body strengthening, posture, balance and stretching. There will be a variety of exercises performed in standing, sitting and on the floor. The only equipment that you need are items that can be found in your home- a chair, a blanket or exercise mat, a book, and a pillow. The activities are designed to be challenging but safe for a variety of body types. This program is intermediate difficulty, most appropriate for people who have had some previous exercise experience.

The instructor, Kathy Stetson is a certified exercise physiologist and a physical therapist. She has been teaching private and community fitness on the outer cape since 2009.

Restorative Flow

Genevieve Morin

IN-PERSON TRURO CENTRAL SCHOOL – Class will be held outside weather permitting or in the gym during inclement weather

Tuesdays, 5:30-6:30 pm

Class Begins: May 4, 2021 (5 weeks)

\$50.00/\$45.00 (Sen. Discount)

Caress stress and unwind! These gentle, healing restorative yoga sessions are designed to release layers of tension stored in the physical and energetic body as we aspire to stay grounded and balanced.

Together we will explore self-massage techniques and slow flowing movements known as Chandra Namaskar (Salutation to the Moon), accompanied by deep stretching. Pranayama (yogic breathing) and meditation will also be included. Come prepared—bring simple householders props such as blankets cushions, soft belt, tennis ball or your favorite rolling tool. This holistic and nurturing approach to yoga is suited for all levels. All Massachusetts mandates for masking/social distancing will be followed.

TRURO CENTRAL SCHOOL COMMUNITY EDUCATION REGISTRATION

NAME: _____

MAILING ADDRESS: _____

PHONE # _____ CELL# _____

EMAIL # _____

COURSE TITLE: _____

****MAKE CHECKS PAYABLE TO: TRURO COMMUNITY EDUCATION**
** Mailing Address: PO Box 2029, Truro, MA 02666-2029

Community Education Consent and Release Form

I, the undersigned do agreed to forever release the Town of Truro, the School Committee, and all their employees, agents, board members, volunteers and any and all individuals and organizations assisting or participating in Community Education programs of the Truro Public Schools ("the Releasees") from any and all claims, rights of action and causes of action that may have arisen in the past, or may arise in the future, directly or indirectly, from personal injuries or property damage resulting from my participation in Truro Public School's Community Education program.

I also promise, to indemnify, defend, and hold harmless the Releasees against any and all legal claims and proceedings of any description that may have been asserted in the past, or may be asserted in the future, directly or indirectly, arising from personal injuries or property damage resulting from my participation in the Truro Public School's Community Education programs.

I further affirm that I have read this Consent and Release Form and that I understand the contents of this Form. I understand that my participation in these programs is voluntary and that I am free to choose not to participate in said programs. By signing this Form, I affirm that I have decided to participate in the Truro Public School's Community Education programs with full knowledge that the Releasees will not be liable to anyone for personal injuries and property damage I may suffer in Truro Public School's Community Education programs.

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Signed:

Date:

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