

Spring Intramural

Yoga & Fitness

Dates:

Wednesdays in April and May:

April 20

May 11, 18, & 25

Time: 3:00 to 4:30 p.m.

Place: Small Gym



Learn basic yoga poses for relaxation and stretching. No experience necessary. All 5th and 6th students are welcome. Please wear comfortable pants or capris and a comfortable shirt. Sneakers are mandatory for fitness activities. Yoga mats will be provided.

Limited Enrollment—25 students max

Complete, cut, and place the bottom of this form in the YOGA BIN
in the SCHOOL CAFETERIA as soon as possible.



UPPER MERION AREA MIDDLE SCHOOL 2022 SPRING INTRAMURAL YOGA REGISTRATION FORM

Student Last Name

Student First Name

Gr. Academic Team Name

Parent/Guardian Signature

Emergency Phone #

Email Address

Please circle how your child will get home: Walk - Car - Bus

Please circle if school photos of your child are permitted: Yes - No

Note: _____