

## 3rd through 5th Grade YOGA CLUB



Mrs. Kushner's 3rd-5th Grade Yoga Club will meet once a week from 3:15-4:00 for 12 weeks beginning **Monday, September 20th** through **Monday, December 6th**. During this time students will learn and enjoy many types of activities focused on five elements of yoga:

- Connect
- Breathe
- Focus
- Move
- Relax

**\*\*Students will have an opportunity to have a short snack upon arriving, so please send a snack with your child. \*\***

Students will be escorted to the front doors of the K-4 building at 4:00 for pick-up. Please indicate on the registration form whether you will pick up your child or if they should be escorted to the after-school program.

Registration for this club is limited and will run on a first come, first serve basis. Please return a completed registration form by email to [skushner@princetoncharter.org](mailto:skushner@princetoncharter.org). You will receive a confirmation email to inform you of club availability.

3rd, 4th and 5th Grade

**PRINCETON CHARTER SCHOOL'S YOGA CLUB REGISTRATION FORM**

Student's name: \_\_\_\_\_ Grade: \_\_\_\_\_

Parent/Guardian contact name:

\_\_\_\_\_

Preferred phone number for Yoga Club communications:

\_\_\_\_\_

Email address(es) for Yoga Club communications:

\_\_\_\_\_

Sessions: **September** 20th, 27th; **October** 4th, 11th, 18th, 25th; **November** 1st, 8th, 15th, 22nd, 29th, **December** 6th.

- I will be picking my child up from **Yoga Club** \_\_\_\_\_
- I will be picking my child up from **after-school** \_\_\_\_\_
- With the presence of ID, I allow \_\_\_\_\_ to pick my child up from Yoga Club

Students will be escorted to the front doors of the K-4 building at 4:00 pm for pickup. If parents are not present by 4:05, students will be signed into the afterschool program and parents will be charged a prorated fee.

Please make us aware of any allergies your child may have:

\_\_\_\_\_

Signature of parent or guardian

\_\_\_\_\_