

YPIILATES

YMCA of San Benito County, 339 Fifth Street, Hollister, CA 95023 831-637-8600



CLASS DESCRIPTION: The Pilates method is a system of movement-based mind-body exercises that is suitable for everyone. Its many benefits include mobility, stability, strength and flexibility. Engaging the core or center of the body provides support for the back. Regular practice of Pilates will promote relaxation, body control, coordination, energy and more confident posture.

*No experience necessary. All ages and levels welcomed.

Tuesday and Thursday, 6:30 p.m. -7:30 p.m.

Instructor: Elaine Frey

Location: YMCA of San Benito County, 339 Fifth Street, Hollister

Monthly Fee: \$30/Members one class a week
\$35/Members two classes a week

Annual Program Membership Required : \$30/Individual \$55/Family

YMCA Program Registration Form

Return this form with payment in full (including program and membership fees) to the
YMCA at 339 Fifth Street, Hollister, CA 95023 **Phone: 831-637-8600**; Fax: 831-637-8636

Participants Name Birth Date Home Phone Attending School

Mailing Address Zip Code E-mail

Parent Name Alternate Emergency Contact Phone # (Cell) Phone # (Hm)

I agree that I and/or my child will cooperate and conform with the directions and instructions of the volunteers and staff involved in the program. I hereby give the YMCA permission to use their judgment in obtaining medical service for myself and/or my child and I give permission to the physician selected by the YMCA personnel to render medical treatment necessary and appropriate. In the event that my child is injured as a result of his/her participation in this program, including transportation to and from such activities, I agree not to hold responsible and/or liable the YMCA or any of its agents or employees. Payment of any medical, hospital, or related costs and expenses must be paid by any insurance or benefit plan of mine or my spouse.

Please be advised that the Hollister School District does not make any representation or warranty as to the quality of services, merchandise, or opinions associated with this agency or individual, (vendor, service, etc.) The purpose of this flyer (posting, newsletter, etc.) is to provide general information to the community only, and it is not recommended that anyone act on the information contained herein with out further independent inquiry.

**Y BELONG.
BE STRONG.**

Financial Assistance is available
for families who qualify.



Y PILATES

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Martes y Jueves, 6:30pm-7:30pm

Instructora: Elaine Frey

Lugar: YMCA of San Benito County, 339 Fifth Street, Hollister

Cuota Mensual: \$30/Miembros una clase por semana
\$35/Miembros dos clases a la semana

Membrecia Anual del Programa Requerida: \$30/Individual \$55/Familia

Forma de Registracion para Programa del YMCA

Regrese esta Forma con Pago Completo (*Incluye pago por la membrecia y el programa*) a la oficina YMCA al 339 Fifth Street, Hollister, CA 95023 **Telefono: (831)637-8600**; Fax: (831)637-8636

Nombre del Participante	Fecha de Nacimiento	Telefono	Escuela
Direccion	Ciudad	Postal	Correo Electronico
Nombre de Guardian	Contacto de Emergencia	# de Telefono	# de Telefono

Yo, por parte mía y de mi hijo/hija, estoy de acuerdo a cooperar y estar de acuerdo con las instrucciones de los voluntarios y el personal de la YMCA involucrados con el programa. Yo doy permiso a la YMCA a usar su juicio en obtener servicio medico para mi o/y mi hijo/hija y doy permiso a que el medico seleccionado por el personal de la YMCA practique el tratamiento necesario y apropiado. En caso de que mi hijo/hija se lesione como resultado de su participación en el programa, incluyendo la transportación a el lugar de actividades o de regreso a la YMCA, yo estoy de acuerdo a no mantener a la YMCA, su personal o agentes responsables. El costo de cualquier servicio medico, hospitalización o costos relacionados a un tratamiento medico para mi o/y mi hijo/hija serán pagados por un seguro medico mio o de mi cónyuge.

Si No Autorización de Foto: El personal de la YMCA tiene mi permiso para usar mi /o de mi hijo para uso de promoción de la YMCA

“Advertencia el (“Distrito”) Distrito de Hollister no representa ni garantía la calidad de los servicios, la mercancía o opiniones asociados con esta agencia. El propósito de este boletín informativo es proveer información general para la comunidad, no es recomendado proseguir con la información dada sin primero obtener la información necesaria.”

**Y SE PARTE.
SE FUERTE.**

Asistencia Financiera es
disponible para los que califiquen.

