

Harwinton Recreation  
**POUND**

with



*Grades 3 & 4  
Tuesdays, April 24- May 29 (6 weeks)  
3:45-4:30 pm  
Harwinton Consolidated School Gym  
Fee: \$56*

Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out without realizing you are working out.

The kids will *become* the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training. This 45 minute class will be taught by Pound Certified Instructor, Coach Mel, from Coach Mel's Health & Fitness for Life.

**Register by April 9**

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Return Registration Form with check payable to: "Harwinton Recreation" to Town Hall, PO Box 66

**HARWINTON RECREATION REGISTRATION FORM**

PARTICIPANT NAME \_\_\_\_\_ AGE \_\_\_\_\_

GRADE \_\_\_\_\_ TEACHER \_\_\_\_\_

PARENT/GUARDIAN NAME \_\_\_\_\_

MAILING ADDRESS \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_ EMERGENCY # \_\_\_\_\_

PROGRAM **POUND** AMOUNT ENCLOSED \_\_\_\_\_

I recognize there are risks of injury involved in members of my family participating in recreational activities conducted by the Town of Harwinton. Therefore, in consideration of the Town of Harwinton conducting recreational activities and enrolling members of my family in such activities or permitting members of my family to participate in such activities, I do hereby, on behalf of myself and all members of my immediate family release the Town of Harwinton, its employees and agents from all liability with respect to an injury received by me or any member of my family arising from such activities.

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Date