



# City of Milford, Connecticut

--Founded 1639 --

70 West River Street – Milford, CT 06460-3317

Tel 203-783-3280 Fax 203-783-3284

[www.milfordrecreation.org](http://www.milfordrecreation.org)



## CARDIO/BALL EXERCISE CLASS – SUMMER 2012

Determine your choice of class and check appropriate box below. Classes are limited in size and there are no refunds for missed classes. Class and date selection will be taken on a first come first serve basis.

PLEASE INDICATE YOUR CHOICE OF CLASS WITH A CIRCLE

AROUND EACH CLASS NUMBER

Please make check payable to "Milford Recreation Dept."

#	CLASS	LOCATION	DAYS	DATES	INSTRUCTOR	TIME	RES.	NON RES
1	Cardio/Ball Exercise	Tri-Beach	T/T	7/10-8/14	Rec. Staff	6:30 – 7:30 pm	\$50	\$55

This is your receipt. Fee Paid: \$ \_\_\_\_\_ Date: \_\_\_\_\_ By: \_\_\_\_\_

-----DETACH HERE-----

NAME: \_\_\_\_\_ TELEPHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ DOB: \_\_\_\_\_

CITY/ZIP: \_\_\_\_\_ E-MAIL: \_\_\_\_\_

### PLEASE READ THE FOLLOWING STATEMENT AND SIGN BELOW

*By my signature, I do hereby assume all risks of personal injury involved in this activity. I do hereby release the City of Milford, the Recreation Department, the instructors and agents of liability and suits at law or in equity resulting from this activity.*

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

#	CLASS	PAYMENT	INITIAL
1	Cardio Ball/Exercise		

“Building a Community Through People, Parks, and Programs”  
The Benefits Are Endless