

**YOGA PARENT/GUARDIAN PERMISSION AND STUDENT INFORMATION 2017-2018**

\_\_\_\_\_ I give my child permission to participate in the Yoga Club at MVMS.

(check here)

_____	_____	_____
Student's Name	Grade	Team
_____	_____	_____
Parent/Guardian's Name (Please print)	Signature	Date
_____	_____	_____
Home Address	City	Zip
_____	_____	_____
Home Phone	Work Phone	Cell Phone

**EMERGENCY INFORMATION**

**In case of emergency please contact:**

_____	_____	_____
Name	Relationship	Phone

Is your child affected by any of the following:

- |                                                                  |                    |
|------------------------------------------------------------------|--------------------|
| * Heart problems of any type? Yes No                             | * Glaucoma? Yes No |
| * High Blood Pressure? Yes No                                    | * Diabetes? Yes No |
| * Arthritis or another bone or joint problem? Yes No             |                    |
| * Any other disease or health condition not listed above? Yes No |                    |

If yes, please describe: \_\_\_\_\_

\_\_\_\_\_

List any Allergies: \_\_\_\_\_

The information I have provided above is complete and accurate. Yes No

**STUDENT RELEASE (PICK UP)**

As parent/guardian, I understand that the Yoga Club will begin immediately after school and will end by 4:45 p.m. on Tuesday (for the Tuesday Group) and Wednesday (for the Wednesday group)

\_\_\_\_\_ I will pick up my child at 4:45 each Tuesday/Wednesday for the duration of the program

\_\_\_\_\_ My child will go to the library media center each Tuesday/Wednesday until 5:00. I will pick up my child from MVMS at 5:00.

\_\_\_\_\_ My child will go to the library media center each Tuesday/Wednesday until 5:00. My child will take the late bus home. I understand that my child must sign up each Tuesday/Wednesday for the late bus by 1:00.

\_\_\_\_\_

Parent/Guardian Signature

\_\_\_\_\_

Date

# Join the MVMS YOGA CLUB!



Come practice yoga with us after school! We'll have fun getting fit and learning different ways to beat stress.

- When?** After school until 4:45.  
Yoga Club will be offered in two sessions to start. Students may sign up for one or both sessions.  
Fall Session I Tuesdays – 9/26 to 10/31  
Fall Session I Wednesdays - 9/20 to 10/25 – WAIT LIST  
  
Fall Session II Tuesdays – 11/7 to 12/19  
Fall Session II Wednesdays- 11/1 to 12/20 – WAIT LIST

**Where?** At MVMS.

**Who?** MVMS students in Grades 5-8 who are interested in practicing yoga.

Yoga Club is a program offered by Crispin's House in partnership with our friends at Mountain Base Yoga and Well Sense Health Plan.

## The Fine Print:

There is NO FEE to participate in Yoga Club but donations are graciously accepted online should you choose.

MATS ARE PROVIDED. Students just need to bring appropriate clothing.

SPACE IS LIMITED and sign-ups are on a first-come basis. We will happily accept new participants as space permits.

SIGN UP ONLINE to secure your spot. Students must also return the completed and signed form on the reverse side before participating.



To sign-up, donate or get more information visit  
[www.crispinhouse.org/yoga](http://www.crispinhouse.org/yoga).



Crispin's House Coalition for Youth is a 501(C)(3) non-profit organization committed to empowering and encouraging positive choices in the lives of our young people by helping to create a healthy and supportive community.