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YOGA FOR ATHLETES

POWERED BY



BOYS & GIRLS / GRADES 3-8
THURSDAYS
SEPTEMBER 5th - OCTOBER 24th
TIME: 5:30-6:30 PM

This class is for all PYA Athletes! No matter what sport(s) you play, yoga is a great way to help improve your "game". Instructed by PYA Moms and Teachers Dena Vigilis, Melissa Pereira, and Nicole Asselta.

FIRST 20 APPLICANTS WILL BE ACCEPTED

ALL EVENTS ARE HELD AT 939 PORT WASHINGTON BLVD WITH YOGA LIFE

Fee: \$215 / Please make checks payable to: Port Washington Youth Activities

REGISTRATION NOW AVAILABLE ONLINE!

Visit WWW.PYASPORTS.ORG/REGISTER

OR

Print an application by visiting WWW.PYASPORTS.ORG/YOGA

THERE ARE NO SCHOLARSHIPS AVAILABLE FOR THIS PROGRAM

Mail to **Port Washington Youth Activities** PO Box 69, Port Washington, NY 11050

CALL 516-944-7921 OR E-MAIL INFO@PYASPORTS.ORG WITH QUESTIONS