

20



20

YOGA FOR ATHLETES

POWERED BY



WHO: **BOYS & GIRLS / 3rd - 8th GRADE**
FIRST 20 APPLICANTS WILL BE ACCEPTED

WHAT: Yoga For Athletes Powered By Yoga Life

WHEN: Thursdays, January 9th - March 5th at 5:30-6:30 PM
(NO CLASS ON FEBRUARY 20th)

WHERE: Yoga Life - 939 Port Washington Blvd, NY 11050

WHY: 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.

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