



2017 Stand-Up Paddleboarding Yoga



Cost	\$30/Class - No experience necessary, all levels welcome!	<p>You must be registered and paid 48 hours before the scheduled class. Fee includes SUP rental, paddle, life jacket, and certified instruction. Class Min. 4 - Max. 8</p>
Class Time	12:00 - 1:15 p.m.	
Location	Sunset Beach Park, 3378 Sunset Beach Lane, Suamico 54173	
Session(s)	<input type="checkbox"/> July 11 <input type="checkbox"/> July 12 <input type="checkbox"/> July 13 <input type="checkbox"/> July 25 <input type="checkbox"/> July 26 <input type="checkbox"/> July 27	

The board becomes your mat, as Mother Nature provides your Studio. This SUP practice is a great way to improve balance, gain core strength and connect with nature. Join our certified SUP Instructor and Personal Trainers as we work on endurance, SUP technique, strength, athletic stamina and anything else we come up with that day! Paddleboard yoga can take your practice to a much deeper level because of the additional core strength, balance and stabilization required. Life is a journey and not a destination. Yoga and stand-up paddling go hand in hand because they both "take you right into the moment!". They also require concentration, breath, relaxation, a sense of adventure, a sense of humor, and the ability to surrender to something much bigger than you. All classes include a quick paddle lesson for newbies, a short warm up paddle, and then we will attach to our anchor system for a sweet yoga experience unlike any other. You will be guided through an intelligently designed sequence of postures strengthening and lengthening all of the major muscle groups, opening up the breath, quieting the mind, and moving into greater alignment with ourselves and the natural beauty that surrounds us out on the water.

Last Name		First Name	
Birthdate	Gender	M / F	Comfortable in Water? Yes Somewhat No
Experience	None	Beg.	Int. Adv.
		Circle Date(s): July 11, 12, 13, 25, 26, or 27	
Parents/Guardian Names (If under 18)			
Street Address			
City, State, Zip			
Daytime Phone #		Evening Phone #	
Cell Phone #		Email Address	
Emergency #		Emergency Contact	

I, _____ (parent or guardian of _____ a minor), a participant in a SUP Yoga program administered by Village of Suamico, Village of Howard, and Pedretti Power Yoga, hereby certify, attest and warrant that I/my child possess(es) the ability to swim seventy-five (75) yards in open water (Bay of Green Bay), in moderate clothing including possible footwear, without a Personal Floatation Device (PFD). I also attest that I/my child possess(es) the ability to tread water in a stationary position.

I understand participation in recreation programs involves an element of risk or danger for all participants and may cause serious injury, death or property loss and agree to assume these risks for myself/family and release the Village of Suamico, Village of Howard, Pedretti Power Yoga, its employees, and other participants from any liability for injuries and damages sustained while participating in this program. I understand a physician's approval is encouraged prior to participation. I understand that my or my child's photograph may be used for promotional materials unless I notify the photographer and or program director I am providing personal information solely for the purpose of participating in the SUP Yoga program, and would not provide this information otherwise, and do not wish for this information to be shared with parties outside of the Suamico, Howard, and Pedretti Power Yoga.

Signature _____ **Date** _____

Refund Policy

Refunds will be given up to the registration deadline or the start of the program, whichever comes first. No refunds will be given after a program starts or a deadline has been reached. Please be aware that a \$5.00 processing fee will be incurred on all refunds.

Mail to Village of Suamico • 12781 Velp Avenue • Suamico, WI 54313 • (920) 434-8410

Please make checks payable to "Village of Suamico". For program information, please visit www.suamico.org.

OFFICE USE ONLY				
Date Registered:	Session:	Cash/Check/CC	Amount Paid:	Receipt #
				Staff: