

Hillsdale Recreation and Hillsdale Cardio Drumming



Owen Memorial Park

280 Waterworks Dr., Hillsdale

Monday Evenings

June 13 - July 25

6:00 PM - 7:00 PM

Ages 13 thru Adult

Men & Women Welcome

Cost: \$45

Registration deadline May 31, 2022

Join Instructor Katy Price and

coaches Diana, Jess and Liz for 6

sessions of outdoor cardio fitness.

This is a great way to work off

some stress and get both mentally

and physically charged.

All you need is:

- ✓ Pair of drumsticks
- ✓ 65/75 cm yoga ball
- ✓ 17-gallon bucket
- ✓ Charged up attitude!

NAME: _____ AGE: _____
 ADDRESS: _____
 eMAIL: _____
 PHONE: HOME: _____ CELL: _____
 SHIRT SIZE: YOUTH & ADULT AVAILABLE _____

WAIVER: I, the undersigned, hereby agree to release the City of Hillsdale and their staff, coaches and other volunteers of all claims of damages, demands, or actions whatsoever in any matter arising from my child's participation in this program. I also understand that at any time I may be asked and must provide proof of my child's age. I clearly understand that if I cannot provide proof of my child's age in a timely manner, he or she will be suspended from play until I do so. Photographs may be taken at certain Recreation Department/Hillsdale Cardio activities, and, unless signed, written objections are received, photos/videos may be reproduced for publication.

Signature _____ Date _____

(Make checks payable to: Hillsdale Recreation Department)

Return this form to:

Hillsdale Recreation Dept., 97 N. Broad St., Hillsdale, MI 49242

(517) 437-6457

For up to date information "like" Hillsdale Cardio Drumming and Hillsdale Recreation on Facebook. For weather updates listen to WCSR