



**2021 - HAMDEN
TRACK/CONDITIONING/FITNESS &
MINDFUL YOGA PROGRAM**

Sponsored by Hamden Recreation Dept.
www.hamden.com



A running, conditioning, track & mindful yoga program designed to develop skills and techniques in fitness and health. Topics include training in running, competition, nutrition, relaxation, cardio- exercises and proper equipment.

“A sport for life.”

Age: 8-16

Cost: \$150.00 (Scholarships available on case by case basis)

Time/Dates: 4:30-5:30 pm; May 18th - August 26th Tuesday & Thursdays, (weather permitting)

Location: Hamden Middle School Field - 2623 Dixwell Ave.

Make check payable to **Aaron Hawkins** and mail along with completed application to **Hamden Recreation Dept., 2750 Dixwell Ave., Hamden, CT 06518, Track Program.**

Staff: Director: Coach Hawk - ahawkins@hamden.org 203-823-8999
Guest Coaches

Hamden Track/Conditioning/Fitness Program

Name _____ Phone _____ Age _____

Address _____ City _____ Zip _____

E-Mail address _____

Waiver

I, for myself, spouse, child/guardian and on behalf of my heirs, assign and next of kin, agree to hold the Town of Hamden, its officers, officials, employees, agents and servants harmless and waive all rights of claims for liability, damages benefits of any nature, whether legal or equitable, against the Town of Hamden and its officers, officials, employees agents and servants in the event of any injury, accidental, natural causes or any illness as a result of his/her participation in the Hamden sports camp programs. I also grant permission for medical treatment and if necessary hospitalization by ambulance transport.

Parent/Guardian Signature _____ Date _____