

Fall 2016 Stretch It Out



Town of Carmel Recreation and Parks Department



STRETCH IT OUT! Give your body the time it needs to lengthen, expand and restore.. This program helps you become more limber and relaxed through stretching and breathing techniques. You will be using props to stretch and massage your muscles, feet, and hands and walk out of class feeling light and relaxed. Please wear comfortable clothing, and it is recommended that participants bring their own mat or towel.

Classes taught by Christine Hamilton.

DAY: Mondays

DATES: Oct. 3rd, ~~10th~~, 17th, 24th, ~~31st~~, Nov. 7th, 14th, 21st, 28th, Dec. 5th

TIME: 6:30 p.m. — 7:30 p.m.

AGE: 12 and up

FEE: \$80.00 with resident ID Cards
\$115.00 non-residents

PLACE: Sycamore Park– Main Building
790 Long Pond Road , Mahopac NY

NEW THIS FALL ONLINE REGISTRATION

Class Registration begins Monday, August 15th, 2016 at 9:00 a.m.

<https://register.communitypass.net/CarmelTownof>

For more information please visit our Website / Facebook @Carmelrecreation

Or give us a call at the Recreation Office (845) 628-7888