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# YOGA FOR ATHLETES

POWERED BY



**BOYS & GIRLS / GRADES 3-8**

**FRIDAYS / JANUARY 4 - MARCH 15**

**TIME: 5:00-6:00 PM**

(No class on February 15th and 22nd)

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, Jen Schiffer, and Nicole Asselta.

**FIRST 20 APPLICANTS WILL BE ACCEPTED**

**\*ALL EVENTS ARE HELD AT 939 PORT WASHINGTON BLVD WITH YOGA LIFE\***

Fee: \$215 / Please make checks payable to: Port Washington Youth Activities

**REGISTRATION NOW AVAILABLE ONLINE!**

Visit [WWW.PYASPORTS.ORG/REGISTER](http://WWW.PYASPORTS.ORG/REGISTER)

OR

Print an application by visiting [WWW.PYASPORTS.ORG/YOGA](http://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](mailto:INFO@PYASPORTS.ORG) WITH QUESTIONS**