

# Registration Form

To pre-register (required), or for more information, please call 334-5566

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

Contact Information \_\_\_\_\_

Home Phone      Work Phone      Cell Phone      email address

Employer (If qualifying for company subsidy) \_\_\_\_\_

COURSE      LOCATION      DATE/TIME

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**Make Checks payable To: The Wellness Center**  
**Please return to: MERRILYN BARRY**  
North Country Hospital, 189 Prouty Drive, Newport, VT 05855-9329

## Off Campus Offerings

### Swimming at IROC

#### Child Swim Lessons \$50

Classes will be divided into groups at the first session, and each group will be assigned a class time. Red Cross certification upon completion of requirements. For 5, 6, 7, 8, 9, 10, 11, 12, 13 year olds.

Saturdays, March 26 - May 28  
9:00 a.m. IROC Pool  
(10 classes)



Janice Smith

#### Parent & Child Swim \$50

A fun way to introduce your child (6 months to 5 years old) to water in a relaxed, safe way.

Wednesdays, March 23 - May 25  
6:30 - 7:00 p.m. IROC Pool  
(10 classes)



Janice Smith

### Lake Region U.H.S.

#### Tai Chi Easy \$25

What is Tai Chi? Ever want to be calm, focused, stress free? Want to sleep well and have a sense of balance? Tai Chi Easy is a gentle workout designed to help you release and feel the chi energy in you. Slow, focused movement, meditation, and visualization. Available to the public. Students welcome.

Mondays, April 25 - May 23  
4:00 - 5:00 p.m.  
Lake Region UHS Multi-Purpose Room  
(5 classes)

Sally Rivard

### Orleans Country Club

#### Introduction to Golf \$60

Golf instruction for the improvement of your game with Horace Archer, PGA pro. All abilities (including beginners) welcome. Two sessions offered. Maximum: 15 persons each session.

ORLEANS Country Club (www.orleanscc.com)  
Saturdays, May 7 - June 4  
9:00 - 10:00 a.m. - beginners  
10:00 - 11:00 a.m. - novice and intermediate  
(5 classes)      Horace Archer, PGA pro

### Troy Parish Hall

#### Yoga \$55\*

A series of postures to improve your core strength, flexibility, and body awareness, ending with relaxation. Bring mat or order one through The Wellness Center. \*Prepaid 11 wk Price - walk ins \$6/class

TROY Parish Hall  
Tuesdays, March 15 - May 24  
6:00 - 7:00 p.m.  
(11 classes)

Pat Shover

### Orleans

#### Circle Dance \$8/class

Dances from around the world done to beautiful music. All dances taught each evening. Join anytime. No partner necessary. Please preregister: 334-5566.

ORLEANS Municipal Building  
Fridays, March 11, April 8; May 13; June 10  
6:30 - 8:00 p.m.      Beverly Decker