

Stretching & Self-Defense for Older Adults Information & Registration Form

This is an 8-week course that will involve practice in stretching, breathing exercises, stances and self-defense moves. It is free of charge and is designed for Locust Grove-area residents of age 50 and up. Younger people can attend, but the program is designed for the abilities of older people.

- When:** Mondays & Wednesdays, 9:00-10:00 a.m., June 6-July 27
Where: Grand Theater Courtyard, downtown stoplight, Locust Grove OK
Class may also meet on occasion at Pipe Springs Park or the VFW Hall.
Why: This course is designed to improve flexibility, strength and balance.
Who: The course is led by Paul Flaherty, who has many years of experience and teaching practice in various martial arts disciplines.

A signed registration form is required for your participation in the class.

Registration Form: All Information Must Be Complete.

Name _____

Age _____ Phone _____

Address _____

Email _____

Participation in any exercise or exercise program involves the possibility of physical injury. If you engage in this program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge Paul Flaherty, the Town of Locust Grove, the VFW Hall and ROMP from any and all claims or causes of action, known or unknown, arising out of this program.

_____ (Please check) I agree with the participation indemnity statement above.

_____ Signature _____ Date

This class is sponsored by the Rural Oklahoma Museum of Poetry (ROMP) and will involve a out-of-class writing component with a class demonstration and presentation of that writing at the end of the course.

