



VILLAGE of CROTON-on-HUDSON - RECREATION

One Van Wyck Street

Croton-on-Hudson, NY 10520

Phone: 271-3006 Hours: M-Fri 8:30-4:00



SPRING / SUMMER 2024 / ADULT

MAT PILATES

Join Exercise Physiologist Cathy DiSomma for Mat Pilates.

Pilates is a low impact, conditioning program designed to increase core strength, body awareness, improve alignment and breathing.

Build strength, flexibility, balance and fitness through a highly focused flow of movement.

Please bring a Pilates Ring, Yoga mat and water bottle.

MAT PILATES (Spring) Act# 2111 Sec I

Dates: Wednesday, April 24 (5 classes)

Times: 7:00 PM -8:00 PM (ends May 22)

Location: Recreation Conference Room

Fee: \$80.00 Village Residents
\$90.00 School Dist / Non-Residents

Registration Deadline: April 18

Instructor: Cathy DiSomma, ACSM Certified
Exercise Physiologist

MAT PILATES (Summer) Act# 2112 Sec I

Dates: Wednesday, June 26 (5 classes)

Times: 7:00 PM -8:00 PM (ends July 24)

Location: Recreation Conference Room

Fee: \$80.00 Village Residents
\$90.00 School Dist / Non-Residents

Registration Deadline: June 20

Instructor: Cathy DiSomma, ACSM Certified
Exercise Physiologist

2024 * MAT PILATES * PLEASE CIRCLE: #2111 SPRING OR #2112 SUMMER

Amount: \$80 Village Resident / \$90 School District / Non-Resident (Checks Payable "Village of Croton")

Name: _____ Phone: _____

Address: _____

Email: _____

Emergency Name & Phone #: _____

I hereby recognize that there are inherent risks involved with participation in this program, and agrees to release and hold harmless the Village of Croton-on-Hudson, their employees and volunteers, of any liability whatsoever in connection with any damages and/or injuries that the above-named person may sustain as a result of participation. In the event of injury, I hereby give permission person, named above, to be transported to a hospital for treatment to include evaluation of the injury, x-rays, and needed medical care I agree to indemnify and hold harmless the Village of Croton on Hudson for any damages or injuries.

Signature: _____



Date: _____

Online Registration: www.crotononhudson-ny.gov/recreation-parks