



Cedar Springs Area Parks & Recreation

NOW OFFERS



CARDIO DRUMMING

Do you like having fun while you workout? If so, then drumming is for you! You will combine drumming and dancing to music that will lift your spirit and de-stress your whole body! Drums Alive combines movement with the powerful beat and rhythms of drumming for a workout that works your body and your brain.

Sticks are available for use or purchase.

Class size is limited to 25 Drummers, so pre-registration highly encouraged.

NO EXPERIENCE NECESSARY!!!

YOUR INSTRUCTOR IS SUZI RICHARDS

A CERTIFIED INSTRUCTOR WITH DRUMS ALIVE

WHEN:

MONDAYS 7:00-8:00 PM

OFFERED WINTER SESSION 3(February 25th-March 18th)

WHERE:

CEDAR SPRINGS MIDDLE SCHOOL

COST:

\$ 25.00 FOR SESSION BY FEBRUARY 21st

\$30.00 FOR SESSION IF PAID AFTER FEB. 21st

OR \$8 PER DROP IN AT DOOR

REGISTRATION CAN BE MADE VIA CASH OR CHECKS MADE PAYABLE TO "CSAPR" BY MAILING OR DROPPING OFF AT HILLTOP IN OUR DROP BOX OR YOU CAN GO AND PAY ONLINE VIA CREDIT CARD FOR A \$1.50 PROCESSING FEE AT

REGISTER.CSAPARKSANDREC.COM

Participant's Name: _____ Birthdate: _____

Address: _____ City & Zip _____

Daytime Phone: _____ Night-time Phone: _____

Name of township/city of residence: _____ E-Mail Address: _____

-I am aware of the possibility of injuries that exist with the participation in all recreational programs. I understand the Cedar Springs Area Parks & Recreation Dept., Cedar Springs Public Schools, and the instructors are NOT responsible for injuries that may occur during camps, clinics, and programs or for personal items brought to the programs.

-I authorize, without compensation, that any images of the participant taken during this program to be deemed the exclusive property of CSAPR and free for use in marketing, social media or any other publication connected with CSAPR.

-I have seen the weather policy and the refund and exchange policy and understand them.

Participants signature : _____ Date: _____

CARDIO DRUMMING WINTER SESSION 3-2018.19		OFFICE USE ONLY CASH CHECK # _____ ONLINE AMOUNT PAID \$
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