



Chevy Chase Village Announces Classes for Winter 2017



Chevy Chase Village is pleased to announce the following classes that will be held in the Village Hall this Winter. Please complete one registration form (reverse) for each class and return with a **check** for the fee as noted under the class description **made payable to the instructor** to:

Chevy Chase Village, 5906 Connecticut Avenue, Chevy Chase, MD 20815.

Children's Classes

Creative Movement (2-3 yrs) 1/12-3/30

Thursdays: 10:30-11:30 a.m.

\$145 per 12-week session-Residents

\$181 per 12-week session-Non-residents

Instructor: Paula Brassfield

Minimum enrollment: 6 students

*Make check payable to: **Paula's Fantasy Theater***

Pre-Ballet (3-4 yrs) 1/12-3/30

Thursdays: 1:00-2:00 p.m.

\$145 per 12-week session-Residents

\$181 per 12-week session-Non-residents

Instructor: Paula Brassfield

Minimum enrollment: 6 students

*Make check payable to: **Paula's Fantasy Theater***

Pre-Ballet (4-5 yrs) 1/12-3/30

Thursdays: 3:00-4:00 p.m.

\$145 per 12-week session-Residents

\$181 per 12-week session-Non-residents

Instructor: Paula Brassfield

Minimum enrollment: 6 students

*Make check payable to: **Paula's Fantasy Theater***

Musical Theater (5-7yrs) 1/12-3/30

Thursdays: 4:00-5:00 p.m.

\$145 per 12-week session-Residents

\$181 per 12-week session-Non-residents

Instructor: Paula Brassfield

Minimum enrollment: 6 students

*Make check payable to: **Paula's Fantasy Theater***

Music for Toddlers (1-3 years) 1/11-3/29

Wednesday: 9:30-10:15 a.m.

Wednesday: 10:20-11:05 a.m.

\$240 per 12-week session-Residents

\$300 per 12-week session-Non-residents

**Above prices include a take home CD*

Instructor: Ms. Marsha

Minimum Enrollment: 5 students

*Make check payable to: **Meadowlark Music***

Adult Classes

Qi gong for Women 1/18-3/22

Reconnect with your soft power (Yin Qi) to unearth that vital energy and intuition! Learn to (re-)activate your female vibrancy for self-healing and self-discovery. Remove toxins from your body and rebalance your hormonal and immunity system to increase sexual vitality, help prevent or support healing of breast cancer, osteoporosis, anxiety, depression and more.

Wednesdays: 1:00-2:00 p.m. (Minimum enrollment: 3)

\$188 per 10-week session—Residents
\$235 per 10-week session—Non-residents
Drop In: \$35—Residents; \$44—Non-residents

Instructor: Louise Liu

Make Check Payable to: **Art de vie Tai Chi, LLC**

Tai-Chi 1/18-3/22

This internal martial arts class consists of step-by-step instructions and therapeutic stretch exercises, which enhance internal health & unblock the meridians in the body.

Wednesdays: 2:00-3:00 p.m. (Minimum enrollment: 3)

\$188 per 10-week session-Residents
\$235 per 10-week session-Non-residents
Drop In: \$35—Residents; \$44-Non-residents

Instructor: Louise Liu

Make Check Payable to: **Art de vie Tai Chi, LLC**

****NEW CLASS****

Body Intensity 1/9-3/31

This boot-camp style work out features strength, cardiovascular, core and flexibility training. Work every part of your body each week!

Mondays, Wednesdays, Fridays: 8:00-9:00 a.m.

\$90 per month-Residents*
\$112.50 per month-Non-residents*

Instructor: Sara Qureshi

Payable by Visa or MasterCard, Cash or Check (made out to instructor) on the first day of class to this instructor **ONLY**.

**Needed supplies: hand weights (5 to 8lb); water; mat/towel (thick mat is preferred, which can be purchased at any retailer that sells sports equipment); and fitness shoes

Chevy Chase Village 2017 Winter Class Registration Form	
Student's Name _____	
Name of Parent/Guardian (if child) _____	
Address _____	
Telephone _____	
Email _____	
Class _____	
Payment _____	Village Resident? Yes ___ No ___

Waiver of Liability and Release

Signature required for all classes!

I, individually and/or as the parent/guardian of the minor child named above, recognize that Chevy Chase Village is not responsible for the content or teaching of this course/activity and makes no warranties, and specifically disclaims any warranties, with respect thereto.

I/my minor child, am participating in the course/activity upon the express agreement and understanding that I am hereby waiving and releasing Chevy Chase Village, its officers, managers, employees and agents from any and all claims, costs, liabilities, expenses or judgments including attorneys' fees and court costs (herein, collectively referred to as "claims") arising out of my or my child's participation in the aforesaid course/activity and any illness injury or death resulting therefrom, and hereby agree to indemnify and hold harmless Chevy Chase Village, its officers, managers, employees and agents from and against all such claims except claims proximately caused by the gross negligence or willful misconduct of Chevy Chase Village.

As a participant in any program or class offered at Chevy Chase Village, I, or my minor child, recognize and acknowledge that there are possible risks of physical injury, and I, or my minor child agree to assume the full risk of injuries, including death, damages or loss that I, or he/she may sustain as a result of participating in any activities connected or associated with such program or class.

I am over the age of eighteen years and competent to enter into this waiver and release. I hereby execute and deliver this waiver and release voluntarily and with full understanding of the contents and consequences thereof and to induce Chevy Chase Village to permit me, or my minor child to participate in the program at Chevy Chase Village Hall.

Signature of Participant OR Participant's Parent/Guardian

Date

For Office Use Only:

Amount Received: _____

Date Received: _____

Received By: _____