



UNITED EAST ATHLETICS ASSOCIATION 美東體育會
FUN FUN PARENTS PROGRAM 夏日繽紛星期六家長課程
70 MULBERRY STREET, SUITE 201 · NEW YORK NY, 10013
(212) 227-9452 · WWW.UEAA.ORG



Come register for the Fun Fun Parents Program on 6/3/16 at 6:30pm or 6/4/16 at 9am at UEAA, 70 Mulberry Street, 2nd Flr. For a fee of \$50*, take any of the classes listed below. Unless otherwise stated, all classes are on Saturdays from 6/18 – 8/6 (except for 7/2 and 7/16). All classes will be held at PS 124.

Program Schedule:

Dance: Learn various types of dance, including line dance, the cha cha, the rumba and more!

Time: 1:15pm – 2:30pm

Class will be taught in Chinese and English; no flip flops or sandals; comfortable leather shoes suggested.

Meditation: Spend some time to look within. You will find peace when your mind is separated from the outside world. When there is peace inside, there will also be peace outside.

Dates and time: 6/18 and 6/25 only, 1:15pm – 2:15pm

Class will be taught in Cantonese; comfortable clothing (no jeans) suggested.

Origami: Learn the basics of origami, how to make origami cards, holiday ornaments, jewelry, etc!

Time: 10:15am – 11:15am

Class will be taught in Cantonese and English.

Yoga: Taught by certified yoga instructor, this is an introduction to yoga philosophy. Learn basic yoga poses and breathing techniques to create a foundation for good alignment and form.

Time: 2pm – 2:45pm

Class will be taught in Chinese and English; please bring your own mat and wear athletic clothing. *Attendance is required for all 6 classes.*

*The cost for this class is \$60 per person.

REGISTRATION FORM 報名表格

First Name (名字): _____ Last Name (姓氏): _____

Address (地址): _____

Phone Number (電話): _____ WeChat(微信): Yes _____ No _____

E-mail(電郵) : _____

Name of child in Fun Fun Saturday/Class: 孩子姓名和課程 _____

Would you like to sign up for UEAA's monthly e-newsletter to get the latest news and updates on UEAA and its programming? Yes _____ No _____



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請在6月3日下午6時半又或6月4日早上九時到70號茂比利街美東體育會註冊夏日繽紛星期六家長課程。
\$50*元費用，便可選以下的課程，除了那些額外指定的。所有課程是與夏日繽紛星期六同期舉行，和在容閱小學
校址進行。

課程時間表：

舞蹈：學不同的舞蹈，如排舞、茶茶拉丁舞、倫巴舞等等！

時間：下午1:15 – 2:30

課程會以廣東話和英語教授；上堂時不要穿拖鞋和涼鞋；以舒適皮鞋為要。

打坐：用些時間向身內察看。當思維不集中身外時，你是會寧靜下來。當內心寧靜時，外在的世界是會相應的。

日期和時間：6月18和6月25日，下午1:15–2:15

課程會以中文教授；請穿舒適衣褲。

摺紙：會學基本摺紙和如何做摺紙卡，節日飾物和珠飾等！

時間：早上10:15 – 11:15

課程會以廣東話和英語教授。

瑜伽：由有瑜伽證書的導師教授。這是教授瑜伽哲學入門。會學習基本的瑜伽姿勢和呼吸技巧來營造形與勢一致的基礎。

時間：下午2 – 2:45

課程會以廣東話和英語教授；請自備瑜伽墊和穿運動衣著。必須全上六堂課程。

*這課程的費用是60元

Fun Fun Parents Program 2016 – Waiver, Disclaimer and Release Form

I hereby release UEAA from any and all claims, including those caused in whole or in part by the negligence of UEAA and its staff and shall indemnify UEAA, its members and volunteers against any and all liability arising out of participation in the Fun Fun Parents Program. I understand that UEAA assumes no responsibility or liability for injuries or illnesses which I may sustain as a result of my physical condition or resulting from my participation in any athletic activities, sports program or other activities or from the use of any equipment related to such activities. I expressly acknowledge on behalf of myself and my heirs that I assume the risk and liability for any and all injuries and illness which may result from my involvement in the Fun Fun Parents Program, and I hereby release and discharge UEAA, its agents, its servants, its volunteers, its employees, and its sponsoring organizations from any and all claims from injury, illness, death, loss or damage which I may suffer as a result of my participation in these activities. I understand that UEAA is not responsible for personal property lost, damaged or stolen while members and/or program participants are using UEAA facilities, are on UEAA premises or are involved in any activity sponsored or organized in relation to the Fun Fun Parents Program. This Waiver, Disclaimer and Release form also extends to the facilities used in relation to the Fun Fun Parents Program. I give permission to UEAA to use, without limitation or obligation, photographs or video of my image or voice or work for purpose of promoting or illustrating UEAA programs.

I have read and completely understand the Waiver, Disclaimer and Release Form printed above, and certify that the information provided on the Registration Form is correct to the best of my knowledge.

Print Name: _____ Signature: _____ Date: 6 / _____ / 2016