

VILLAGE OF BRIARCLIFF MANOR RECREATION DEPARTMENT
3 Library Road, Briarcliff Manor, NY 10510
(914) 941-6560
www.briarcliffmanor.gov

TAI CHI



Tai Chi is a gentle Chinese exercise that promotes balance, relaxation, coordination, and flexibility.

INSTRUCTOR: Robert Chuckrow
LOCATION: Youth Center - Lower Level
DAY/TIME: Thursdays 10:00 - 11:00
DATES: January 15th to March 26th **No Class 2/19, 3/19**
FEES: \$45.00 Village Residents (VBM) **Registration starts December 10th**
\$50.00 School District Residents (BMSD)/Non-Residents (NONR) **Registration starts December 17th**
REGISTRATION: **Registration begins Monday, December 10th at 9:00 am**

Tai Chi – Winter 2026

Fees: \$45.00 Village of Briarcliff Residents and \$50.00 School District / Non-Resident (BMSD/NONR)

NAME: _____ PHONE: _____

The undersigned hereby recognizes that there are inherent risks involved with participation in this program and agrees to release and hold harmless the Village of Briarcliff Manor, its employees, contractors 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. If medical emergency arises, instructors will call 911. I give permission to be transported to hospital and necessary treatment provided by hospital medical staff. I have read and fully understand the above acknowledgement of risk, release / indemnification and covenant not to sue. I have signed this document of my own free will, and agree to the terms outlined herein.

Signature _____