



Hello Families,

Enclosed you will find the FRA spring and summer 2024 wellness registration packet. Spring classes will run from March 11 – June 14. Summer classes will run from June 24 – August 22.

Spring recreation registration deadline is February 16, 2024

Summer recreation registration deadline is May 3, 2024

Please note the new class times in Red Bank. Complete and return your registration packet as soon as possible. Depending on the number of students registered, classes may need to be combined.

Please inform FRA of any changes to your personal information, such as, address change, new email address, allergies, and medical conditions. All further communication about the class session will be sent to your email on file.

Payment for spring programs must be made by Friday March 8, 2024 and summer programs by Friday June 21, 2024. Refer to the payment schedule on the last page of the packet for class costs and details. **Students cannot start the new session until payment has been made.**

Completed registration packets should be sent promptly to Alexa Della Monica-Hassel at adellamonica@frainc.org

Thank you,
Alexis Spektor

2023-2024 Adult Programs Calendar

September 2023						
Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

October 2023						
Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

November 2023						
Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

December 2023						
Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

January 2024						
Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

February 2024						
Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

March 2024						
Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

April 2024						
Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

May 2024						
Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

June 2024						
Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

July 2024						
Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

August 2024						
Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
1	2	3	4	5	6	7

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
FALL	11	13	13	11	11
WINTER	9	12	12	12	12
SPRING	12	13	13	13	13
SUMMER	9	9	9	8	No Classes



FRA Wellness Registration

Spring Wellness: March 11 - June 14, 2024

Name _____

RED BANK

DANCE					
MONDAY	Dance with Jay		5-6 PM		6-7 PM
TUESDAY	Dance with Jay		5-6 PM		6-7 PM

KARATE					
WEDNESDAY	Karate with Jay		5-6 PM		6-7 PM

YOGA			
WEDNESDAY	Yoga with Patty		9-10AM
THURSDAY	Yoga with Patty		9-10AM

BRICK

YOGA			
MONDAY	Yoga with Patty		2-3 PM

DANCE			
THURSDAY	Dance with Marjorie		4:30-5:30 PM

WELLNESS PAYMENT

☐ Online payment

☐ Check payment Check # _____ Amount _____

Please make all checks payable to FRA and mail to 210 Newman Springs Road E, Red Bank, NJ 07701

☐ Credit card ☐ Visa ☐ Mastercard ☐ Discover ☐ American Express

Credit card # _____

Expiration date _____ CVC code _____ Billing zipcode _____

Billing address _____

I authorize a one-time payment of \$ _____ to be made to by card by FRA.

NOTE: For security purposes we do not and will not keep a record of your credit card information.



FRA Wellness Registration

Summer Wellness: June 24 - August 22, 2024

Name _____

RED BANK

KARATE					
WEDNESDAY	Karate with Jay		5-6 PM		6-7 PM

WELLNESS PAYMENT

☐ Online payment

☐ Check payment Check # _____ Amount _____

Please make all checks payable to FRA and mail to 210 Newman Springs Road E, Red Bank, NJ 07701

☐ Credit card ☐ Visa ☐ Mastercard ☐ Discover ☐ American Express

Credit card # _____

Expiration date _____ CVC code _____ Billing zipcode _____

Billing address _____

I authorize a one-time payment of \$ _____ to be made to by card by FRA.

NOTE: For security purposes we do not and will not keep a record of your credit card information.

Personal Information

Student's Full Name _____

Date of Birth _____ Gender _____

Parent/Guardian Names _____

Address _____

Home Phone _____ Cell Phone _____

Parent/Guardian Email _____

Student Email _____

Support Coordinator Name _____

SC Email _____

SC Phone _____

Emergency Contact Name _____ Phone _____

Emergency Contact Name _____ Phone _____

Participants must demonstrate the ability to accept and follow reasonable rules and to behave respectfully toward others. They must also have sufficient emotional/behavioral stability and independent ability to participate in all aspects of the program.

Name of Participant _____ Date _____

A person over the age of 18 is considered their own legal guardian unless someone else has been appointed by the courts.

Self Guardian _____

Name of Legal Guardian _____

Relationship of Legal Guardian _____

If your personal or contact information changes, you must notify FRA in writing.

Medical Information

Diagnosis _____

Accomodations

Allergies

Cardiac ☐ Y ☐ N Seizures ☐ Y ☐ N Diabetes ☐ Y ☐ N

Please explain any medical or physical concerns (ie. cardiac, seizures, diabetes, mobility, etc.)

Fears/Concerns/Behaviors (please provide triggers for behaviors and suggestions of best intervention strategies)

If your medical information changes, you must notify FRA in writing.

FRA Consent Form

As part of FRA programs, photos and videos will be created during various activities. FRA would like to use some of these photos and videos on our websites for promotional and educational publications. Please indicate your consent below.

Student's Full Name _____

Photo Release Consent:

- ☐ I hereby consent to and authorize FRA, to reproduce and use photographs/video/audio recordings, in any print, online, social media, social networking and audio/visual-based materials, as well as other promotional and educational publications as well as the FRA website.
- ☐ I do not approve of my student's photo or video being used in any format.

Class Trip Consent:

- ☐ I hereby consent that my student can attend any class trips. As trips are scheduled, information and details will be provided to parents and guardians.
- ☐ I do not consent to my student attending class trips with FRA.

Parent/Guardian Name _____

Date _____

If you wish to change your consent preferences at any time, you must notify FRA in writing.

Wellness Class Payment Schedule

Spring Wellness: March 11 - June 14, 2024

Spring Payment Deadline: March 8, 2024

Red Bank

DANCE			
MONDAY	Dance with Jay	12 weeks	\$180
TUESDAY	Dance with Jay	13 weeks	\$195
KARATE			
WEDNESDAY	Karate with Jay	13 weeks	\$260
YOGA			
WEDNESDAY	Yoga with Patty	13 weeks	\$130
THURSDAY	Yoga with Patty	13 weeks	\$130

Brick

DANCE			
THURSDAY	Dance with Marjorie	13 weeks	\$195
YOGA			
MONDAY	Yoga with Patty	12 weeks	\$120

Summer Wellness: June 24 - August 22, 2024

Spring Payment Deadline: June 21, 2024

Red Bank

KARATE			
WEDNESDAY	Karate with Jay	9 weeks	\$180