



Hello Families,

FRA hopes you are doing well. Enclosed please find our spring 2023 wellness registration packet. Spring wellness classes will run from March 13 – June 16, 2023.

Spring registration will close on February 13, 2023.

Please complete and return your registration packet as soon as possible. As always, space is limited. All classes are first come, first served. If your class choice is already full, you will automatically be placed in any other available class on that day.

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

Payment for spring wellness classes should be made by March 10, 2023. Please refer to the enclosed payment information form for class costs and details.

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

Thank you,
Alexis Spektor

2022-2023 Adult Programs Calendar

September 2022						
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 2022						
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 2022						
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 2022						
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 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				

February 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				

March 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	

April 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						

May 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			

June 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	

July 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					

August 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	1	2
3	4	5	6	7	8	9

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



FRA Wellness Registration

Spring Classes: March 13 - June 16, 2023

Name _____

RED BANK

DANCE					
MONDAY	Dance with Jay		4:30-5:30 PM		5:45-6:45 PM
TUESDAY	Dance with Jay		4:30-5:30 PM		5:45-6:45 PM

KARATE						
WEDNESDAY	Karate with Jay		4:30-5:30 PM		5:45-6:45 PM	7-8 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

YOGA			
MONDAY	Yoga with Patty		2-3PM

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 Classes: March 13 - June 16, 2023

Payment Deadline: March 10, 2023

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