



Dear Families,

FRA hopes you are doing well. Enclosed please find our winter 2022 wellness registration packet. Winter dance will run from January 3 – March 24, 2022. Winter yoga will follow the adult class winter calendar, ending on April 15, 2022.

Winter class registration will close on Monday, November 29, 2022. Please complete and return your registration packet as soon as possible.

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 winter 2022 class session will be sent to your email on file. Within a week of returning your winter registration, you will receive an email confirming receipt.

Please note that payment for winter wellness classes is due before classes begin on December 30, 2021. You can reach out to Cindy at cnapoleon@frainc.org with any questions regarding payment.

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

Please note that due to staff shortages and Alexis Spektor's November 1st - 5th vacation, Alexa DellaMonica will be covering in the classroom when needed. Please be patient during this time. All questions will be answered the week of November 8th - 12th.

Thank you,
Alexis Spektor and Alexa DellaMonica

DANCE & KARATE

2021-2022

September '21						
Su	M	Tu	W	Th	F	S
			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 '21						
Su	M	Tu	W	Th	F	S
					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 '21						
Su	M	Tu	W	Th	F	S
	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 '21						
Su	M	Tu	W	Th	F	S
			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 '22						
Su	M	Tu	W	Th	F	S
						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 '22						
Su	M	Tu	W	Th	F	S
		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 '22						
Su	M	Tu	W	Th	F	S
		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 '22						
Su	M	Tu	W	Th	F	S
					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 '22						
Su	M	Tu	W	Th	F	S
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 '22						
Su	M	Tu	W	Th	F	S
			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 '22						
Su	M	Tu	W	Th	F	S
					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 '22						
Su	M	Tu	W	Th	F	S
	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			

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FALL	14 WKS	14 WKS	14 WKS	12 WKS	NO CLASSES
WINTER	12 WKS	12 WKS	12 WKS	12 WKS	NO CLASSES
SPRING	10 WKS	10 WKS	10 WKS	10 WKS	NO CLASSES
SUMMER	7 WKS	8 WKS	8 WKS	8 WKS	NO CLASSES



Closed/ Holidays



FRA Wellness Registration

Have you been vaccinated against Covid-19? ☐ Yes ☐ No

Name _____

BRICK IN-PERSON WELLNESS

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 Changes

Please complete this form if any of the information below has changed

Student's Full Name _____

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 _____

Medical or Physical Changes (ie. allergies, cardiac, seizures, diabetes, mobility, etc.)

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

2021-2022 Wellness Class Payment Schedule

FALL

Class:	<u>Dance</u>	<u>Karate</u>	<u>Yoga</u>
Full Session Cost:	\$210	\$280	\$140
Payment Deadline:	9/10/2021	9/10/2021	9/10/2021

WINTER

Class:	<u>Dance</u>	<u>Karate</u>	<u>Yoga</u>
Full Session Cost:	\$180	\$240	\$150
Payment Deadline:	12/30/2021	12/30/2021	12/30/2021

SPRING

Class:	<u>Dance</u>	<u>Karate</u>	<u>Yoga</u>
Full Session Cost:	\$150	\$200	\$90
Payment Deadline:	3/25/2022	3/25/2022	3/25/2022

SUMMER

Class:	<u>Dance</u>	<u>Karate</u>	<u>Yoga</u>
Full Session Cost:	\$120	\$160	\$80
Payment Deadline:	6/30/2022	6/30/2022	6/30/2022