



Dear Families,

FRA hopes you are doing well. Enclosed please find our spring and summer 2022 wellness registration packet.

**Spring wellness registration will close on Friday March 18, 2022. Summer wellness registration will close Friday June 3, 2022.** Please complete and return your registration packet as soon as possible. As always, space is limited. All classes are first come, first served.

Dance and yoga will continue in-person for the spring and summer sessions. Karate will remain online until a karate assistant is hired, please register accordingly.

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. Within a week of returning your registration forms, you will receive an email confirming receipt.

Payment for spring wellness classes should be made by March 25, 2022. Payment for summer wellness classes should be made by June 30, 2022. Please refer to the enclosed payment schedule for details.

Completed registration packets should be sent promptly to Alexa DellaMonica at [adellamonica@frainc.org](mailto:adellamonica@frainc.org).

Thank you,  
Alexis Spekor 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

## Spring Classes: March 28 - June 16, 2022

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

Name \_\_\_\_\_

### RED BANK

DANCE						
MONDAY	Dance with Jay		4:30-5:30 PM		5:45-6:45 PM	7-8 PM
TUESDAY	Dance with Jay		4:30-5:30 PM		5:45-6:45 PM	7-8 PM

KARATE						
Karate with Jay will remain online until a karate assistant is hired, please register accordingly.						
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

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.**



# FRA Wellness Registration

## Summer Classes: July 5 - August 25, 2022

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

Name \_\_\_\_\_

### RED BANK

DANCE							
MONDAY	Dance with Jay		4:30-5:30 PM		5:45-6:45 PM		7-8 PM
TUESDAY	Dance with Jay		4:30-5:30 PM		5:45-6:45 PM		7-8 PM

YOGA			
There will be no yoga classes July 13 - July 25			
WEDNESDAY	Yoga with Patty		9-10AM
THURSDAY	Yoga with Patty		9-10AM

### BRICK

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

YOGA			
There will be no yoga classes July 13 - July 25			
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>Yoga</u>
Full Session Cost:	\$120	\$60
Payment Deadline:	6/30/2022	6/30/2022