



# T'AI CHI CHIH® with LINDA SERCARZ @ THE ROSELAND FREE PUBLIC LIBRARY



Tai Chi Chih® is a series of slow and gentle movements based on ancient Far East wellness principles and is **not** a martial art. Movements are gentle, easy, soft flowing and fun to do. Learn all 19 moves and one pose in 10 weeks.

## Fall Session (10 Classes) Tuesdays

Starting Date: September 14th thru November 23<sup>rd</sup> @ 10:30 am  
(No Class on 11/2 Election Day)

**ALL LEVELS WELCOME**

Instructor: Linda Sercarz - Accredited Tai Chi Chih® Teacher

Registration Fee: \$100.00 per participant per session (\$10.00 per class) - **NO REFUNDS**

Make checks payable to Linda Sercarz

Mail payment to: Linda Sercarz 10 Old Chester Rd., Essex Fells, NJ 07021

Call Linda (973) 714-8650 with any questions or email her @ [Sercarz@aol.com](mailto:Sercarz@aol.com)

DETACH HERE

ONE FOR PER PARTICIPANT

Cash	Check #	Amount	Date Rec
_____	_____	_____	_____

Return with payment to: Linda Sercarz 10 Old Chester Rd., Essex Fells, NJ 07021

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_

FEMALE: \_\_\_\_\_ MALE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ TOWN: \_\_\_\_\_ STATE: \_\_\_\_\_

HOME PHONE NO: \_\_\_\_\_ CELL NO: \_\_\_\_\_

EMERGENCY PHONE NO: \_\_\_\_\_ EMAIL ADDRESS: \_\_\_\_\_

Do you have any health condition(s) the Staff should know about? NO \_\_\_\_\_ Yes \_\_\_\_\_

Explain \_\_\_\_\_

LINDA SERCARZ & THE ROSELAND LIBRARY RECOMMEND THE DISCLOSURE OF RELEVANT HEALTH INFORMATION. UNLESS LINDA SERCARZ & THE ROSELAND LIBRARY ARE NOTIFIED **IN WRITING**, STAFF WILL BE FORWARDED ALL INFORMATION ON THE REGISTRATION FORM, INCLUDING HEALTH CONDITIONS. ADULT'S SIGNATURE ALLOWING PARTICIPATION AND WAIVING CLAIMS THAT MAY RESULT FROM INJURY DUE TO T'AI CHI CHIH ACTIVITY.

\_\_\_\_\_  
SIGNATURE

\_\_\_\_\_  
DATE

