

**New Programs for 2022**

**Name** City's Co-Sponsored Yoga Program - i.e. - Introduction to Yoga - Beginners Series

**Description** This is a series of introductory yoga, yoga poses, and breathing techniques to release stress and anxiety

**Ages** 18+

**Grades** N/A

**Dates** 3 week class 2 days/week - dates July 18-August 3 & August 8 - August 24

**Times** Monday and Wednesday 7:00-8:00am

**How does it benefit the Community?** Yoga classes provide multiple benefits, including improving strength, flexibility, and balance. It has also been known to ease arthritis symptoms and provide relaxation and peace of mind.

Income		# of part.	Fee	Amount
Registration	City	4	\$90	\$360
	Non-City	6	\$110	\$660
	Other			\$
<b>Total Registration</b>		<b>10</b>		<b>\$ 1,020.00</b>
Sponsors				\$
Other-List	<u>Drop In - City Resident \$18.00/Non-City Resident \$20.00</u>			\$
				\$
<b>Total</b>				<b>\$</b>

Expense		Amount
Donated Items		\$
		\$
Other Expense		
<b>1. Staffing</b>	<b># of</b>	
	<b>Rate # of Staff hrs/day # of days</b>	
Rec. Asst.		\$
Rec. Leader		\$
Rec. Spec L1		\$
Rec. Spec.		\$
Independent Contractor	<u>- See Agreement 60/40 Split</u>	\$ 612.00
<b>2. Start up</b>		
Supplies - List		\$
Equipment - List		\$
<b>3. Other</b>		
Arts & Crafts		\$
Medical		\$
Marketing		\$100
Balls		\$
Shirts	<b># of Cost \$ each</b>	
	<u>T-shirts</u>	\$
	<u>Jerseys</u>	\$
	<u>Coaches/Referee</u>	\$
Equipment-List		\$
Equipment to be provided by Alithia Rodriguez-Rolon		\$
		\$
Other-List		\$
		\$
		\$
<b>Total</b>		<b>\$512.00</b>

