



**SUPERVISOR JOSEPH SALADINO**  
and the Oyster Bay Town Board *present*

# Yoga

18 & Over

at the Hicksville Athletic Center

## Summer Schedule 2022

**Mondays 10:00 AM - 11:00 AM\*\***

**Tuesdays 7:30 PM - 8:30 PM**

**Saturdays 9:00 AM - 10:00 AM**

*\*\*Held at Allen Park Community Center, Farmingdale*

**Classes Begin on July 11**



### Registration

Registration will take place at the Hicksville Athletic Center, 167 Broadway, Hicksville.

**Monday, June 6, 2022**  
from 5:30 PM - 9:30 PM

**Tuesday, June 7, 2022**  
from 5:30 PM - 9:30 PM

**Wednesday, June 8, 2022**  
from 5:30 PM - 9:30 PM

After these dates, registration will continue in the HAC office, based on availability - please call 516-733-8404.

There will be no proration for missed classes.

### Important Information

Energy Yoga is a mind-body practice that combines the ancient wisdom of Qi energy with modern techniques to maximize the brain's functions. Each class includes stretching, core strengthening, breathing exercises, energy awareness, meditation and relaxation. Modifications of poses are provided in class, so all are welcome.

- Each session is 10 weeks long.
- Checks, Money Orders, or Credit Cards Only (make payable to "Town of Oyster Bay," American Express not accepted).
- Proof of residency/age; valid ID required. TOB Residents given first preference.
- Bring your own Yoga Mat.
- Schedule subject to change.
- If a session is cancelled due to inclement weather, make-up day(s) will be attempted.
- For more information, call **(516) 797-7945** or email **tobparks@oysterbay-ny.gov**



Supervisor Joseph  
**SALADINO**  
www.OysterBayTown.com

Michele M. Johnson  
Thomas P. Hand  
Laura L. Maier  
Town Clerk  
Richard LaMarca



Louis B. Imbroto  
Steve Labriola  
Vicki Walsh  
Receiver of Taxes  
Jeffrey P. Pravato



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