



SILVER STRIDES



Deep River Recreation Center
1529 Skeet Club Road, High Point, NC 27265
(336) 883-3407 • www.highpointnc.gov/pr
High Point Parks & Recreation



Tuesdays & Thursdays
9:00am - 10:00am

Calling all Seniors!

Come out and walk, jog or run to enhance your fitness.
We will do 45 minutes of conditioning followed by a group exercise.
Group exercises consist of dance aerobics, traditional aerobics or chair
aerobics. Bring a friend to walk with, the more the merrier!

Participant's full name _____ Date of Birth _____

Home Address _____ City _____ State _____ Zip _____

Home Phone _____ Work Phone _____ Other _____

Emergency Contact & Relation _____ Home Phone _____ Work Phone _____

Are there any physical/emotional conditions, special needs, medications, or any other general information which we need to be aware of? Yes No

Photographic Consent: I do I do not (check one) give permission to have my child appear in any media coverage approved by the High Point Parks & Recreation Department. I understand that the Facility Director, in conjunction with the Recreation Supervisor, has been given the authority to determine appropriate requests.