



# Water Aerobics

## Winter Session III Classes 2017

### Classes use a combination of Deep & Shallow water exercise

Using the resistance of water to develop balanced muscle conditioning and cardiovascular fitness, this program is for all ages and ability levels, women and men. Deep & shallow water workouts offer a superior range of motion and allow for greater muscular strengthening. Most exercises are done in a vertical position and are designed to provide a great full body workout. Everyone is encouraged to work at their own pace and exercises may be modified to suit individual needs. Chris Kostek and Christie Bourque bring lots of energy to their dynamic, safe and constructive classes. Chris teaches our morning class and Christie teaches our Tuesday and Thursday evening classes.

### MORNING CLASS

**Mondays, Wednesdays & Fridays (30 classes) 7:00 - 7:40 am**  
**February 22 - May 3 \$47/ \$70 / \$80**  
**(No Class April 17)**

### EVENING CLASSES

**Tuesdays (10 classes) 6:00 - 7:00 pm**  
**February 21 - April 25 \$25/ \$39 / \$49**

**Thursdays (10 classes) 6:00 - 7:00 pm**  
**February 16 - April 20 \$25/ \$39 / \$49**

**Walk-In Fee \$5/ \$6 / \$7**

*Fees listed in the order of AFC Member / Resident Non-Member/ Non-Resident*

**Registrations accepted at the AFC at JFK Middle School, 100 Bridge Road, Florence 01062**  
**Mon-Fri 4:00-7:00 pm, Sat 10:00 am-5:00 pm and Sun 11:00 am-4:30 pm**  
**413-587-1046**

or

**Northampton Parks & Recreation Department, 100 A Bridge Road, Florence, MA 01062**  
**Mon-Fri 8:30 am-4:30 pm**  
**413-587-1040**

[www.northamptonma.gov/recreation](http://www.northamptonma.gov/recreation)

REGISTRATION FORM ON REVERSE SIDE



# NORTHAMPTON PARKS & RECREATION DEPARTMENT - REGISTRATION FORM

DO NOT USE this form for Summer Day Camps, Youth & Adult Sports, or Birthday Party registrations: Download those packets at [www.northamptonma.gov/recreation](http://www.northamptonma.gov/recreation)

Today's Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

**PLEASE PRINT LEGIBLY**

New to Northampton Parks & Recreation

I have updated my Information

**ADULT 1**

**ADULT 2**

Name \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ St \_\_\_\_\_ Zip \_\_\_\_\_

City \_\_\_\_\_ St \_\_\_\_\_ Zip \_\_\_\_\_

Phone: (H) (\_\_\_\_) \_\_\_\_\_ (W) (\_\_\_\_) \_\_\_\_\_

Phone: (H) (\_\_\_\_) \_\_\_\_\_ (W) (\_\_\_\_) \_\_\_\_\_

Cell (\_\_\_\_) \_\_\_\_\_

Cell (\_\_\_\_) \_\_\_\_\_

Email: \_\_\_\_\_

Email: \_\_\_\_\_

**EMERGENCY CONTACT OTHER THAN PARENT**

Name \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_

**Photo Release:** May Northampton Parks & Recreation Department use photos of you or your family members for brochure, website, promotional use?  
 Yes  No

**PARTICIPANT'S FULL NAME:** \_\_\_\_\_ Male  Female

Date of Birth \_\_\_\_\_ School \_\_\_\_\_

Current Grade \_\_\_\_\_ or

Grade in Fall \_\_\_\_\_ for programs after June

| Program Name                     | Day(s) | Start Date | Basic Fee | Non-Res Fee | Total Fee |
|----------------------------------|--------|------------|-----------|-------------|-----------|
|                                  |        |            | \$        | \$          | \$        |
|                                  |        |            | \$        | \$          | \$        |
| <b>TOTAL FEE FOR PARTICIPANT</b> |        |            |           |             | \$        |

**PARTICIPANT'S FULL NAME:** \_\_\_\_\_ Male  Female

Date of Birth \_\_\_\_\_ School \_\_\_\_\_

Current Grade \_\_\_\_\_ or

Grade in Fall \_\_\_\_\_ for programs after June

| Program Name                     | Day(s) | Start Date | Basic Fee | Non-Res Fee | Total Fee |
|----------------------------------|--------|------------|-----------|-------------|-----------|
|                                  |        |            | \$        | \$          | \$        |
|                                  |        |            | \$        | \$          | \$        |
| <b>TOTAL FEE FOR PARTICIPANT</b> |        |            |           |             | \$        |

**PASS PURCHASE**

| Pass           | Pass Type                         | Pass Length      | Fee |                            |
|----------------|-----------------------------------|------------------|-----|----------------------------|
| Aquatic Center | Res: Adult Family Senior Youth    | 6 Month 12 Month | \$  | <b>TOTAL AMOUNT DUE</b> \$ |
| Musante Beach  | Non-Res Adult Family Senior Youth | Beach Pass       |     |                            |

| Pass Holder's Name(s) | Male/Female | DOB   | Pass/Tag# Issued | Special Considerations/Comments (Use back if necessary) |
|-----------------------|-------------|-------|------------------|---|
| _____                 | Male/Female | _____ | _____            | _____   |
| _____                 | Male/Female | _____ | _____            | _____   |
| _____                 | Male/Female | _____ | _____            | _____   |
| _____                 | Male/Female | _____ | _____            | _____   |
| _____                 | Male/Female | _____ | _____            | _____   |

**Charge my** VISA \_\_\_ Master Card \_\_\_ Discover \_\_\_ Card # \_\_\_\_\_ Expiration \_\_\_\_\_

Name on Card \_\_\_\_\_ Signature \_\_\_\_\_

|  |            |               |              |            |               |             |
|--|------------|---------------|--------------|------------|---------------|-------------|
| <b>Office Use Only:</b> Amt Rec'd \$ _____ | Cash _____ | Check # _____ | Credit _____ | Date _____ | RT Date _____ | Staff _____ |
| Amt Rec'd \$ _____                         | Cash _____ | Check # _____ | Credit _____ | Date _____ | RT Date _____ | Staff _____ |