



Water Aerobics

Session III Winter 2020



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 K., Christie E., & Sydney L. bring lots of energy to their dynamic, safe and constructive classes. Chris teaches our morning class, Christie teaches our Tuesday and Thursday evening classes, and Sydney teaches our Wednesday evening class.

MORNING CLASS Monday, Wednesday & Friday 7:00 - 7:40am

February 10 - April 22 (30 classes)
(No Class February 17, April 20)

Fee: \$47/ \$70 / \$80

Walk in fee: \$5 / \$6 / \$7

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

EVENING CLASSES Tuesday, Wednesday or Thursday

Tuesday: March 3 - April 28 (10 classes) 6:00 - 7:00pm

Fee: \$30/ \$45 / \$55

Walk in fee: \$5 / \$6 / \$7

Wednesday: March 4 - May 6 (10 classes) 5:30 - 6:30pm

Fee: \$30/ \$45 / \$55

Walk in fee: \$5 / \$6 / \$7

Thursday: February 20 - April 30 (10 classes) 6:00 - 7:00pm
(No Class March 5)

Fee: \$30/ \$45 / \$55

Walk in fee: \$5 / \$6 / \$7

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

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

or

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

www.northamptonma.gov/recreation



REGISTRATION FORM ON REVERSE SIDE

NORTHAMPTON PARKS & RECREATION DEPARTMENT - REGISTRATION FORM

Today's Date: ____/____/____

PLEASE PRINT LEGIBLY

New to Northampton Parks & Recreation I have updated my Information

<p><u>ADULT 1</u> Name _____ Address _____ City _____ St _____ Zip _____ Phone: (H) (____) _____ (W) (____) _____ Cell (____) _____ Email: _____</p>	<p><u>ADULT 2</u> Name _____ Address _____ City _____ St _____ Zip _____ Phone: (H) (____) _____ (W) (____) _____ Cell (____) _____ Email: _____</p>
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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: _____ Gender _____
Current Grade as of Fall _____ (Year) _____ (Grade)

Date of Birth _____ School _____

Program Name	Session	Day(s)	Level	Start Date	Basic Fee	Non-Res Fee <small>(where applicable)</small>	Total Fee
					\$	\$	\$
					\$	\$	\$

TOTAL FEE FOR PARTICIPANT \$ _____

PASS PURCHASE

Pass	Pass Type	Pass Length	Fee	Special Considerations/Comments <small>(Use separate sheet of paper if necessary)</small>																				
Aquatic Center	Res: Adult Family Senior Youth Non-Res Adult Family Senior Youth	6 Month 12 Month	\$	_____ _____ _____ _____																				
<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 25%;">Pass Holder's Name(s)</th> <th style="width: 10%;">Gender</th> <th style="width: 10%;">DOB</th> <th style="width: 10%;">Pass/Tag# Issued</th> </tr> </thead> <tbody> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> </tbody> </table>				Pass Holder's Name(s)	Gender	DOB	Pass/Tag# Issued																	<p>TOTAL AMOUNT DUE \$ _____</p>
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Recreational and Volunteers Activities Release Form

I, the undersigned, do hereby consent to my participation in voluntary or recreation programs of the City of Northampton. I also agree to forever release the City of Northampton, and all their employees, agents, board members, volunteers and any and all individuals and organizations assisting or participating in any voluntary or recreation programs of the City of Northampton from any and all claims, rights of action and causes of action that may have arisen in the past, or may arise in the future, directly or indirectly, from personal injuries to myself or property damage resulting from my participation in the City of Northampton voluntary activities or programs. I also promise, to indemnify, defend, and hold harmless the Releasees against any and all legal claims and proceedings of any description that may have been asserted in the past, or may be asserted in the future, directly or indirectly, arising from personal injuries to myself or property damage resulting from participation in the City of Northampton voluntary activities or recreation programs. I further affirm that I have read this Consent and Release Form and that I understand the contents of this Form. I understand that my participation is voluntary and that I am free to choose not to participate in said programs. By signing this form, I affirm that I have decided to participate in the City as a volunteer or in its recreation programs with full knowledge that the Releasees will not be liable to anyone for personal injuries and property damage that I may suffer in voluntary activities with the City of Northampton or recreation programs.

Participant Signature or Parent/Legal Guardian if under 18 years old: _____ Date: _____

Charge my VISA ___ Master Card ___ Discover ___ Card # _____ Expiration _____
Name on Card _____ Signature _____

Office Use Only: Amt Rec'd \$ _____ Cash ___ Check # _____ Credit ___ Date _____ RT Date _____ Staff _____