



**Northampton Parks & Recreation  
Aquatic & Family Center**  
JFK Middle School, 100 Bridge Road, Florence, MA 01062



## **Summer 2021**

Aqua Zumba® is perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. Benefits here is that there is less impact on your joints during this class so you can really let loose. Water's natural resistance helps tone your muscles. Instructor Patricia J.'s class features both Latin and World music and choreography incorporated into Aqua Fitness, Aqua Interval Training, and Aqua Pilates—for a fun, effective, and a complete aquatic work-out! With this class, you will blast calories and sculpt your way to lean muscles, and work head to toe on strength, toning, balance, coordination, flexibility and more!

Instructor Patricia J is a Licensed Zumba® Instructor, Strong Nation® Personal Coach, and Certified AFAA Fitness Professional

### **MONDAY EVENING CLASSES**

**Date:** July 19 - August 9 (4 classes)  
**Time:** 6 - 7 pm  
**Fees:** Resident \$40 Non-Resident \$50  
**Walk-In:** Resident \$12 Non-Resident \$15

Registrations accepted online, or at the AFC at JFK Middle School, 100 Bridge Road, Florence 01062  
Mon, Wed, Fri 4:00-7:00pm, Sat 9:00 am-1:30pm and Sun 9:00 am-1:30pm 413-587-1046

or

Northampton Parks & Recreation Department, 100A 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

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

**PLEASE PRINT LEGIBLY**

New to Northampton Parks & Recreation     I have updated my Information

**Adult 1/Primary Guardian Name:** \_\_\_\_\_

**Address** \_\_\_\_\_  
Street City State Zip

**Primary Phone:** (\_\_\_\_) \_\_\_\_\_ **Second Phone** (\_\_\_\_) \_\_\_\_\_ **Email:** \_\_\_\_\_

**Second Adult in Household/Guardian Name:** \_\_\_\_\_

**Primary Phone:** (\_\_\_\_) \_\_\_\_\_ **Second Phone** (\_\_\_\_) \_\_\_\_\_ **Email:** \_\_\_\_\_

**Emergency Contact (other than adult above)**

**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** \_\_\_\_\_

**Date of Birth** \_\_\_\_\_

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	6 Month    12 Month	\$	_____																				
	Non-Res Adult    Family    Senior    Youth																							
<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 style="text-align: right; margin-top: 20px;"><b>TOTAL AMOUNT DUE</b>    \$ _____</p>
Pass Holder's Name(s)	Gender	DOB	Pass/Tag# Issued																					
_____	_____	_____	_____																					
_____	_____	_____	_____																					
_____	_____	_____	_____																					
_____	_____	_____	_____																					

**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 \_\_\_\_\_