



Northampton Parks & Recreation Aquatic and Family Center



located at JFK Middle School, 100 Bridge Rd., Florence, MA



Water Aerobics Winter Classes 2021-2022

ALL LOCAL AND STATE COVID
REGULATIONS WILL BE FOLLOWED.
AS OF SEPT. 23, FACE MASKS MUST
BE WORN AT ALL TIMES INDOORS
EXCEPT WHEN IN THE POOL.

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. 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. (morning class) & Sydney L. (evening class) bring lots of energy to their dynamic, fun and energetic classes.

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

Dates: December 6 - February 18 (30 classes)
[No Classes December 24, 31, January 17]

Fee: Resident: \$120
Non-Resident: \$150

AFC members who extended their membership: \$90*

*This fee is for those who had active AFC memberships in March 2020 when we shut down for COVID, and who did not request a refund. Please contact our office if you are unsure or need clarification.

Walk In Fee: \$10

EVENING CLASS Wednesday 5:15 - 6:00 pm

Dates: December 1 - February 2 (10 classes)

Fee: Resident: \$60
Non-Resident: \$80

AFC members who extended their membership: \$50*

*This fee is for those who had AFC memberships in March 2020 when we shut down for COVID, and who did not request a refund. Please contact our office if you are unsure or need clarification.

Walk In Fee: \$10

FOR MORE INFORMATION
& TO REGISTER



Registrations accepted online or at the AFC, 100 Bridge Road, Florence, MA
Mon-Fri 4:30-6:00 pm, 413-587-1046
or
Northampton Parks & Rec Department, 100A Bridge Road, Florence, MA
Mon-Fri 8:30 am-4:30 pm

413-587-1040

www.northamptonma.gov/recreation

OPEN YOUR CAMERA APP ON YOUR PHONE
& FOLLOW THE PROMPT

Updated 11/18/21

NORTHAMPTON PARKS & RECREATION DEPARTMENT - REGISTRATION FORM

Today's Date: ____/____/____

PLEASE PRINT LEGIBLY

New to Northampton Parks & Recreation I have updated my Information

ADULT 1

Name _____
 Address _____
 City _____ St _____ Zip _____
 Phone: (H) (____) _____ (W) (____) _____
 Cell (____) _____
 Email: _____

ADULT 2

Name _____
 Address _____
 City _____ St _____ Zip _____
 Phone: (H) (____) _____ (W) (____) _____
 Cell (____) _____
 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: _____ Gender _____
 Date of Birth _____ School _____ Current Grade ____ (Fall 2021)

Program Name	Start Date	Day(s)	Basic Fee	Total Fee
			\$	\$
			\$	\$

TOTAL FEE FOR PARTICIPANT \$

Special Considerations/Comments (Use back if necessary) _____

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 _____