

Northampton Parks and Recreation WATER AEROBICS



Aquatics and Family Center
@JFK Middle School
100 Bridge Rd.

This fun energizing class will leave you feeling refreshed and rejuvenated! Using the resistance of water to develop balanced muscle conditioning and cardiovascular fitness, this program is for all ages, ability, and fitness level. Deep and shallow water workouts offer a superior range of motion and allows for greater muscular strengthening. Most exercises are done in a vertical position and are designed to provide a great full body workout. Belts and/or pool noodles are available for the deep end. So, how about it? Let's "dive in" together and get moving the water! The instructors bring lots of energy to their dynamic, safe and constructive class. Water aerobics is for ages 18+.

MORNING CLASS:

DAYS: Monday, Wednesday & Friday
DATES: April 29 - July 10* (30 classes)
*NO class May 25, June 19
TIME: 7:00am - 7:40am
FEE: Resident \$120/Non-Residents \$150
WALK IN FEE Resident \$10 / Non-Resident \$12

SPRING
2026

EVENING CLASSES:

DAY: TUESDAY
DATES: February 24 - April 21 (8 classes)
(NO Class March 10)
TIME: 5:30pm - 6:15pm
FEE: Resident \$48 / Non-Residents \$64
WALK IN FEE: Resident \$10 / Non-Resident \$12

DAY: WEDNESDAY
DATES: March 4 - April 22 (8 Classes)
TIME: 5:30pm - 6:15pm
FEE: Resident \$48 / Non-Residents \$64
WALK IN FEE: Resident \$10 / Non-Resident \$12

For more
information
and to register



REGISTRATIONS ACCEPTED ONLINE, OR AT THE AFC, 100 BRIDGE RD. FLORENCE, MA.
OR AT NORTHAMPTON PARKS AND RECREATION DEPARTMENT, 100A BRIDGE RD., FLORENCE, MA

NORTHAMPTON PARKS & RECREATION DEPARTMENT – REGISTRATION FORM

Today's Date: ____/____/____

PLEASE PRINT LEGIBLY

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: _____ Gender _____ Current Grade _____

Date of Birth _____ School _____

Program Name	Start Date	Total Fee
		\$
		\$

TOTAL FEES FOR PARTICIPANT(S) \$

Special Considerations/Comments (Use separate sheet of paper 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: _____

Charge my Card # _____ **Expiration Date:** _____

Name on Card _____ **Signature** _____

Office Staff: Amount Received \$ _____ Cash _____ Check # _____ Charge _____ Staff Initials _____ Date _____

Parks & Rec Office Use Only: RecTrac Date _____ Staff Initials _____