



Water Aerobics Class

A low impact exciting water aerobics class where no swimming skills are needed. This class is designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using the resistance of the water to cushion the feet, knees and back. Exercises are performed to lively, motivating music and are effective and easy to follow.

Equipment will be available to borrow for those who do not have their own. Classes will be held at select neighborhoods managed by Aquatic Advisors. Each location will offer two one-hour classes per week June-August.

Class Schedule: Tuesdays and Thursdays 10:00am beginning May 31, 2022

Class packages:

One class per week \$35.00 per month

Two classes per week \$65.00 per month

Session: (session 1 June, Session 2 July, Session 3 August)

Sign up online at www.aquaticadvisors.net

Weather/Cancellations:

- Cancellation emails will be sent out if a class is cancelled.
- You will be given a make-up lesson for all weather-related cancellations.
- In the event of lightning or thunder during the lesson, the remainder of the lesson will be cancelled for safety reasons.
- If you miss a class, no refund will be granted. Plan your schedule accordingly.

A \$5 registration fee applies once per year.

By signing up using this form, you hereby agree to the Class Policy. We will contact you schedule confirmation and payment prior to enrollment being complete.

