

# **AQUACISE**

FOR OLDER ADULTS

SUMMER 2017 (July 4-August 24)

QPLEX

TUESDAYS & THURSDAYS


11:00-12:00

What to bring?

 Bathing suit & Towel

Smiles! 

Optional:

Pool shoes 

 Hat

 Sunglasses 



## REGISTRATION /WAIVER FORM

**NAME (please print):** \_\_\_\_\_

**TELEPHONE:** \_\_\_\_\_

I hereby release any and all claims arising from my participation in this Older Adult Fitness Program. I understand that any exercise program carries with it some risk and I acknowledge that risk. I have consulted with my doctor and he/she agrees that this exercise program is appropriate for the current state of my health.

**SIGNATURE:** \_\_\_\_\_

**DATE:** \_\_\_\_\_

**REGISTRATION: JUNE 1, 10:00-12:00, Qplex upstairs entrance**

**PROGRAM COST -Tuesdays & Thursdays: \$149.00**

**Tuesdays OR Thursdays: \$99.00**

**FEE PAID:** \_\_\_\_\_

**\*Taxes in**

**\*CASH OR CHEQUE ONLY**

**QUESTIONS??? Call Deby: 333-3329**