

AQUACISE

For Active Agers

SUMMER 2018 (July 10-Aug.30)

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 5,3-5 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