



# AQUACISE

## FOR ACTIVE AGERS

SUMMER 2019  
TUESDAYS & THURSDAYS  
JUNE 20-AUG. 29 **(EXCLUDING JULY 25-AUG. 8)**  
11:00am-12:00pm

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 6, 3pm-5pm Qplex upstairs entrance**

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

**Tuesdays OR Thursday \$99.00**

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

**\*Taxes in**

**\*CASH OR CHEQUE ONLY**

**QUESTIONS??? Call Deby: 333-329**