



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, 4pm-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: 333-3329