

Program

Please circle class

Arthritis 1 Arthritis 2 Deep Water Impact Early Birds Power Combo Shallow Power
Water Walking

Aqua Aerobics Aqua Fit Cardio Aqua Combo Hydro Mania Tidal Waves Turbo
Wave Runner

Fibromyalgia Low Intensity M.S. Other

Participant Information

Please fill in time and personal information

Monday/Wednesday/Friday Time: ___: ___ a.m. or p.m. Tuesday/Thursday Time: ___: ___ a.m.
or p.m.

Last Name: _____ First Name: _____ Phone: _____

Address: _____ City: _____ State: _____ Zip: _____

Date of Birth: _____ Age: _____ Gender: Male Female Member or Potential Member

Email Address: _____

Important Medical Information: _____

Emergency Contact Information

Emergency Contact: _____ Home #: _____ Work #: _____

YMCA Water Fitness Classes Policies

1. A minimum of 5 participants is required to constitute a water exercise class.
 2. Cancellations and class combinations will be done at Aquatic Director's discretion.
 3. The YMCA does not make-up classes if you are absent from your regularly scheduled class.
 4. In the event of thunder or lightning the pool will close and will not re-open until 30 minutes after the last sight of lightning or sound of thunder.
 5. In the event that the YMCA closes the pool for any reason you will be given a voucher for the class, which you can use toward your next session of water fitness classes. No refunds are given.
- I have read and understand the water fitness class policy agreement.

Signature: _____

Date: _____