

2019 Aquatic Fitness Classes (updated 2/4/2019)

SUSSEX ACADEMY AQUATIC CENTER

21150 Airport Road - Georgetown, DE 19947 302-856-7805 www.sussexacademy.org

NO CLASSES Saturday February 9th!

Aquatic Class Registration Form: Please complete this form along with an Emergency Form and sign the Common Courtesies and return with payment to saaclessons@gmail.com.

Participant Name: _____

Participant Birthdate: ____/____/____ Sex: Male Female

Address: _____ City: _____ ZIP: _____

Phone Number: _____ - _____ - _____ Home / Cell / Work (circle one)

Email Address: _____

Please circle the Aquatic Classes for which you are registering:

Table with 5 columns: Monday, Tuesday, Wednesday, Thursday, Friday. Rows include class times and names like Aqua Core, Oodles of Noodles, Arthritis+, Tabata+, Low Impact, Aqua Mix, and Hydro Fit.

AQUA CLASSES: Water exercise eliminates any pounding pressure on joints while providing a stimulating workout. Aqua Core: The focus is on core strength, balance and flexibility fit for ALL levels. Oodles of Noodles: Fun class using water noodles. Non-swimmers welcome. Arthritis Plus: Perfect for rehab, joint replacement and low impact exercise. Tabata+: High Intensity Interval Training (HIIT) class that uses high energy music and moves to work your whole body. A mix of shallow and deep-water strength conditioning moves. Low Impact: Low intensity arthritis aerobics. Grab Bag: All Levels. The class focus is on aerobic endurance, resistance training, and creating an enjoyable atmosphere for ALL levels. Aqua Mix: Cardiovascular aerobic shallow and deep-water mix. Builds cardiovascular endurance, strength and flexibility. Incorporates water resistance to tone and strengthen the body for ALL levels. Hydro-Fit: Saturday morning mix done to popular music that concentrate on both lower and upper body for ALL levels.

People who qualify for the DISCOUNTED rate: Seniors over 60, Students and Military members (with ID.) There is a \$25 ANNUAL Registration fee to be paid during your 1st month of paying for an aquatic membership.

Unlimited Monthly Aquatic Class Membership: Best Value! Ind.- \$54 (Disc.\$47) Couples- \$69 (Disc. \$60)

Drop-in Fees: Ind.- \$10 (Disc.\$8) NEW! Purchase a PUNCH CARD Ind. (#7 drop-ins)- \$50 (Disc.\$40)

Staff Member's Printed Name _____ Date _____

Payment Received \$ _____ Credit Card (last 4#) Check (#) Cash