

# Summer 2019 Aquatic Fitness Classes (updated 4/12/2019)

## SUSSEX ACADEMY AQUATIC CENTER

21150 Airport Road - Georgetown, DE 19947 302-856-7805 [www.sussexacademy.org](http://www.sussexacademy.org)

**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](mailto: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:

Summer classes start Monday, June 3<sup>rd</sup>

| Monday                    | Tuesday                            | Wednesday                | Thursday                           | Friday                     |
|---------------------------|------------------------------------|--------------------------|------------------------------------|----------------------------|
| 9:00-10:00<br>Tabata+     | 9:00-10:00<br>H2O Fitness for ALL! | 9:00-10:00<br>Tabata+    | 9:00-10:00<br>H2O Fitness for ALL! |                            |
| 10:00-11:00<br>Aqua Core  | 10:00-11:00<br>Oodles of Noodles   | 10:00-11:00<br>Aqua Core | 10:00-11:00<br>Oodles of Noodles   | 10:00-11:00<br>Aqua Core   |
| 11:00-12:00<br>Low Impact |                                    |                          |                                    | 11:00 -12:00<br>Low Impact |
|                           | 5:45-6:35<br>Aqua Mix              |                          | 5:45-6:35<br>Aqua Mix              |                            |

**AQUA CLASSES:** Water exercise eliminates any pounding pressure on joints while providing a stimulating workout. Non-swimmers welcome to every class. Each class the student can modify the moves to make it appropriate for their physical needs & limitations.

**Aqua Core:** This class is designed to tone & tighten the core muscles & to help improve core strength, balance and flexibility **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.**

**H2O Fitness for ALL:** Morning mix done to popular music that concentrates on both lower and upper body **for ALL levels.**

**Low Impact:** Low-intensity stretching aerobic workout that uses both the shallow & deep ends of the pool.

**Oodles of Noodles:** This low-impact, fun class uses noodles to increase strength & flexibility **for ALL levels.**

**Tabata+:** Fun High Intensity Interval Training (HIIT) class that uses high energy music and moves to work the whole body.

*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 1<sup>st</sup> 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

Emergency Form \_\_\_\_\_ CC \_\_\_\_\_