



Water Aerobics

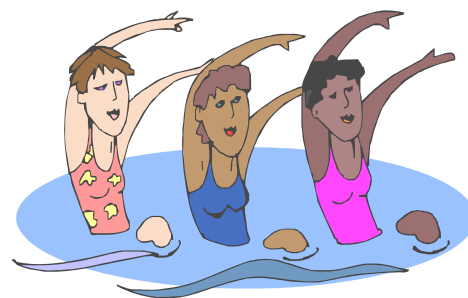
Washington Terrace Park
101 Gordon Street, High Point, NC 27260
(336) 883-8599 • www.high-point.net/pr
High Point Parks and Recreation

Tuesdays and Thursdays
June 22 – July 15, 2010
July 20 – August 12, 2010
6:15pm – 7:15pm
\$10.00 per person

Water aerobics is a low impact form of exercise that is easy on the joints.
This is a great class for those with limited mobility; range of motion problems or for those who may be new to a structured exercise program.

Participants will exercise in water 4' deep or less.
Flotation belts will be available upon request.

You do not need to know how to swim to take this class.
Beginners and advanced students are welcome.



Registration will be taken until 2-weeks prior to each session

Water Aerobics – 2010

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Phone: _____

E-mail address: _____

How did you hear about this program? _____

Please tell us which session you are registering for: June 22-July 15 _____ July 20-August 12 _____

FOR OFFICE USE ONLY

Date Paid _____ Amount Paid _____ Staff Initials _____