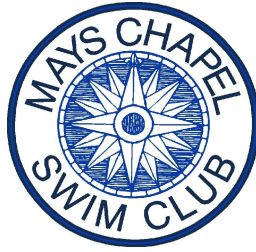


Water Aerobics



Water Aerobics

*** Programs are for members and non-members.**

Water Aerobics Philosophy

The Mays Chapel Swim Club water aerobics program will incorporate the components of land based aerobic fitness without impact or stress to the joints. Classes are designed to provide cardio workouts, strength building, and stretching for participants of all fitness levels. This is a challenging yet therapeutic exercise program as recommended by health and arthritis specialists.

Water Aerobics Coordinator

Mary Fox

- Certified AAAI/ISMA Aqua Fitness, Aerobics and Yoga Instructor at Bally's Total Fitness and Gold's Gym.

Mary Fox has over nine years of experience working at national health clubs as well as private studios in many areas of the fitness industry. She specialized in water aerobics and yoga and has worked with students of all levels and abilities. She has worked with clients ranging from those rehabilitating from injuries, surgeries, chronic arthritis, special needs as well as professional athletes.

For additional information about this or any other program, please contact wateraerobics@mayschapelswimclub.com.

Water Aerobics Levels

This course is designed for all levels and all ages.

Water Aerobics Schedule

<u>Session 1A</u>	<i>May 31, 2010 - June 30, 2010</i>	Monday and Wednesday	9:30 a.m. to 10:15 a.m.
<u>Session 2A</u>	<i>July 5, 2010 - August 4, 2010</i>	Monday and Wednesday	9:30 a.m. to 10:15 a.m.

All participants (member or non-member) must leave facility after class and re-enter at opening time.

General Information

- Warm water pool, 85 degrees
- Non-impact cardio, strength-training, stretching
- Classes are 45 minutes, 2 days a week
- All fitness levels welcome, ability to swim not required

Water Aerobics Fee Structure

Individual: \$92.00/ participant/session Payable to: Mays Chapel Swim Club

Please send registration and payment to: Mays Chapel Swim Club
Attention: Water Aerobics
16 Stenersen Lane, Suite 4A
Hunt Valley, MD 21030

REGISTRATION FORM

One participant per form.

Participant's Name _____ Session _____
Address _____ City _____ State _____ Zip _____
Home Phone _____ Work Phone _____ Email Address _____

The registration deadline: must be postmarked 1 week prior to the start of each session.

Method of payment for water aerobics (check one)

_____ Enclosed is the class registration fee paid in full. **MAKE CHECKS PAYABLE TO MAYS CHAPEL SWIM CLUB**

_____ I hereby authorize Mays Chapel Swim Club to effect payment for class registration by drafting my credit card which is listed below in the amount of \$ _____.

Credit Card Information (provide only if charging cost of lesson)

Visa ___ MasterCard ___ CARD # _____ EXPIRE DATE _____

Card Security Code _____ This is the last three digits on the back of the card by the signature.

AUTHORIZATION SIGNATURE _____ DATE _____

Registrations must be received and paid in full by the above deadline. ***Phone-in and Day-of registrations will not be accepted.***

Registration is on a first-come, first-served basis. **Payment will be accepted by credit card, check, or money order only.** A waiting list will be developed for interested applicants who do not make the original roster.