

## REGISTER HERE!

Participant's Name: \_\_\_\_\_

D/O/B: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home #: \_\_\_\_\_ Work #: \_\_\_\_\_

Email: \_\_\_\_\_

Emergency Contact Name & #: \_\_\_\_\_

☐ I do ☐ I do not give permission for me/my child to be photographed and/or interviewed for promotional purposes

\*Must fill out new registration form anytime you wish to register for more sessions

☐ Group Swim Lessons

Lesson Dates/Times: \_\_\_\_\_

**Refunds & Cancellations:** If cancelled by the Y, a 100% refund will be processed. If cancelled by participant, 15% of the program fee will be non-refundable. If a lesson is cancelled due to weather or other uncontrollable circumstances, a makeup lesson or future credit will be offered. Missed classes due to illness, scheduling conflicts, vacations and other activities will not be made up.

**Waiver of Liability:** I understand and agree that neither the Harrison Family YMCA nor co-sponsoring organizations or their respective chapters, officers, directors, employees, agents, members or volunteers shall assume or have any responsibility or liability for expenses or medical treatment or form compensation for any injury I or my child/ward may suffer during or resulting from my or my child/ward's participation in this program. I do hereby, for myself, my heirs, executors and administrators, waive, release and forever discharge any and all rights and claims for damages that I may have or that may hereafter accrue to me arising out of or in any way connected with my or my child/ward's participation in this program. I also represent and warrant that I have been advised to seek consultation from my doctor about whether I or my child/ward can safely participate in this program and whether there are precautions or limitations to my or his/her participation.

\_\_\_\_\_  
Participant's/Parent's Signature



### HARRISON FAMILY YMCA

1000 Independence Drive  
Rocky Mount, NC 27804  
P 252-972-9622

[harrisonfamilyY.org](http://harrisonfamilyY.org)



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ADD WATER FOR BETTER HEALTH

## ADULT WATER FITNESS AND LESSONS

Spring 2019 Schedule

**HARRISON FAMILY YMCA**



**LIVE UNITED**  
**United Way**  
United Way Tar River Region  
Community Partner

## WATER FITNESS CLASSES

All classes are included in your membership. Shallow Water exercise classes do not require swimming ability. Classes are taught at varying levels of intensity and we strongly encourage you to consult your doctor before starting any exercise program.

### Aquacise

This class is designed to allow individuals to exercise with less impact on the joints. It is a safe, efficient and fun way for people of all fitness levels to exercise. The workout involves nearly all muscle groups, while the water's buoyancy provides extra cushion. Each class allows you to exercise at your own pace, helping to tone and improve your strength and flexibility.  
⇒ M/W/F 8:00-9:00am- Rec. Pool

### Arthritis Aquatic Program

This recreational class was designed for participants with arthritis, to safely keep your joints moving and improve your sense of well-being. Water is a safe, ideal environment for relieving arthritis pain and stiffness.  
⇒ M/W/F 11:15-12:00pm- Rec. Pool



### Deep Water Aerobics

A fun and aerobic workout, this class works each major muscle group of the body through various cardio-respiratory activities. For this class swimming ability is required because it is conducted in the deep end of the pool with each participant wearing a floatation belt.

- ⇒ M/W/F 9:00-10:00am- Comp. Pool
- ⇒ T/TH 7:00-7:45pm- Rec. pool

### Shallow Water Aerobics

This challenging class is fast paced and uses prolonged periods of aerobic activity to increase the capacity of your heart and lungs. Participants use large muscle groups in rhythmic continuous motions.

- ⇒ M/W/F 10:00-11:00am- Comp. Pool
- ⇒ M/W 6:30-7:15pm- Rec. Pool
- ⇒ Tu/Th 6:30 to 7:15pm- Rec. Pool



## GROUP SWIM LESSONS

Swim lessons are for all ages. Swimming is a very important life skill that everyone should learn. Adult/Teen group lessons are available for ages 13 & up.

### May Session

- May 4, 11, 18 10:00 -10:30AM
- ⇒ Member fee: \$19
- ⇒ Non-Member fee: \$24

### June Session

- June 1, 8, 15, 22 10:00 -10:30AM
- ⇒ Member fee: \$25
- ⇒ Non-Member fee: \$32

### July Session

- (no lesson July 4th weekend)
- June 29, July 13, 20, 27 10:00 -10:30AM
- ⇒ Member fee: \$25
- ⇒ Non-Member fee: \$32

### August Session

- August 3, 10, 17, 24 10:00 - 10:30AM
- ⇒ Member fee: \$25
- ⇒ Non-Member fee: \$32

**WELCOME TO ALL:** Financial Assistance is available to those who apply & qualify. Please ask the Front Desk for an application. Annual Campaign Funds are raised each year to provide this to our community. Thank You to our donors!

