

Water Aerobics



When: TUESDAY & THURSDAY EVENINGS starting JUNE 26 - AUGUST 16, 2012

Where: Lansing Swimming Pool 28 James St. Cohoes

Time: 6:00-7:00pm

*** Due to inclement weather class will be cancelled, possible rescheduling***

ADVANCE REGISTRATION:

COHOES RESIDENTS - 16 classes/\$15

NON-RESIDENTS - 16 classes/\$40

WALK-INS:

COHOES RESIDENTS: \$2.50

NON-RESIDENTS: \$5.00

This 8-week class will be easy on your back & joints while improving muscle tone, flexibility, and strength. The ability to swim is **not** required. **Experience getting fit while having FUN!**

****Classes are limited to age 16+ and to 40 registrations****

For information or questions, contact:

City of Cohoes Human Services Department at 233-2116 or
Marcia Partlow (instructor) at poolcrzy@hotmail.com

**Send registration form and payment by JUNE 25TH to:
City of Cohoes Human Services Department 97 Mohawk St, Cohoes NY 12047**

I, _____ hereby agree that by my signature below, I realize that participating in water aerobics is a potentially hazardous activity. I affirm that I am in good health and am physically able to participate in a sporting event such as water aerobics. I assume all risks associated with my participation in this event.

I, _____ do hereby further agree to be responsible for and hold the City of Cohoes, New York ("City"), its successors and assigns, harmless of and from all, and all manner of action and actions, cause and causes of action, suits, debts, dues, sums of money, accounts, reckoning, bonds, bills, specialties, covenants, contracts, controversies, agreements, promises, variances, trespasses, damages, judgments, extents, executions, claims and demands whatsoever, in law or in equity, which against the said "City," its successors and assigns, I ever had, now have or which its successors or assigns, hereinafter can, shall or may have for, upon or by reason of any matter, cause of thing whatsoever from the beginning of the world to the day of the date of these presents, but more specifically, that I hold the "City" harmless and indemnify the "City" from any claims or liability arising out of the "City" allowing my participation in the water aerobics class, from ____ day of _____, 2012 until ____ day or _____, 2012, and any subsequent dates.

Signature

Date

Address

Phone

Parent's Signature if under 18

Email Address