

WATER FITNESS AT THE BRYAN Y



CLASS SCHEDULE 2023

Classes run for ONE Calendar Month!

AQUA JAM

(Music Playing)

Instructor: Kimetha

Mon/Wed/Fri: 8am-8:50am

Mon/Wed/Fri: 9am-9:50am

AQUA AEROBICS

(3ft-4.5ft Shallow Water)

Instructor: Joan

Tue/Thur: 8am-8:50am

Tue/Thur: 9am-9:50am

FEE for M/W/F Classes:

\$24 for Y Members

\$64 for Community Guests

FEE for T/Th Classes:

\$18 for Y Members

\$58 for Community Guests

REGISTRATION OPENS on the 20th of EVERY MONTH!

Register Online at YMCAGreensboro.org or in-person at the BRYAN Y.

CLASS SIZE: All classes are limited to 20 participants.

CLASS SELECTION:

Class: Aqua Jam
Mon/Wed/Fri
(Circle one)

Aqua Aerobics
Tues/Thurs

Time: 8am 9am
(Circle one)

PARTICIPANT INFORMATION:

Legal First Name: _____ Middle: _____ Last Name: _____

Address: _____ Apartment: _____

City: _____ State: _____ Zip Code: _____

Primary Phone: (_____) _____ - _____

Email Address: _____

Gender: Male Female Other
(Circle one)

Date of Birth: ____/____/____
(MM/DD/YYYY)

EMERGENCY CONTACT INFORMATION:

Legal First Name: _____ Last Name: _____

Phone Number: (_____) _____ - _____ Relationship: _____

Participant Signature: _____ Date: ____/____/____