

## **WATER FITNESS CLASS DESCRIPTIONS:**

### **Aqua-Arthritis:**

This shallow warm-water class features light to moderate jogging and exercises geared towards the joints, back, knees, and shoulders. Low Impact. Perfect for Beginners!

### **Aqua-Blast:**

This warm water class incorporates music and cardio movements to start your Saturday off right!

### **Aqua-Fit:**

This quick, fun 45-minute class uses jogging, kicking, and stretching in warm deep water. Moderate Intensity.

### **Aqua-Jam:**

This fun and lively early morning class utilizes music for rhythm-based aerobic workouts. Moderate Intensity.

### **Aqua-Mind & Body:**

This brand-new morning class incorporates Yoga and Tai-Chi poses for a soothing exercise experience.

### **Aqua-Yoga:**

This cool water class uses modified Yoga and stretching technique for a workout both calming & refreshing.

### **Arthritis Plus:**

A low-impact, moderately intense warm-water water aerobics class which combines both light cardio with a muscle toning workout. Designed for those with Arthritis.

### **Cardio Splash:**

This early morning warm-water class features deep water workouts to include running, kicking, hurdles and even crunches. Low to high intensity for a full body workout.

### **Deep Impact:**

This low to moderate deep-water workout in warm water provides a great start to your Saturday!

### **Hydromania:**

A relaxed but invigorating cool-water work out in a classic style of water aerobic exercises. Ideal for those wanting to achieve more flexibility and overall wellness.

### **Lunch Time Turbo:**

This cool-water class provides an invigorating lunch-time exercise routine in both deep and shallow water.

### **Tidal Waves I:**

This class incorporates walking, stretching, weights, and yoga poses for a well-rounded Aqua-Fitness experience. Class meets in deep, shallow, cool, and warm water.

### **Tidal Waves II:**

A slightly more intense version of Tidal Waves I (see above).

### **Wave Runner:**

This deep water class incorporates Aqua-Jogging stretching for a low to moderate full-body workout.

**Each Class Runs 45 – 60 Minutes in Length and is assigned a staff instructor.**

**Class participants may stay in the pool and do their own exercises if a class is cancelled.**

**Please see the attached schedule for details on each month's class offerings.**

# ADULT WATER FITNESS REGISTRATION FORM BRYAN YMCA

Circle Type:    1 Month Pass    12 Month Pass

Member/Non-Member \_\_\_\_\_ Gender: \_\_\_\_\_ Age: \_\_\_\_\_ Birthday \_\_\_/\_\_\_/\_\_\_\_\_

## **PARTICIPANT INFORMATION**

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

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

## **EMERGENCY CONTACT INFORMATION**

Contact 1: \_\_\_\_\_ Phone: \_\_\_\_\_

## **IMPORTANT MEDICAL INFORMATION**

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\_\_\_\_\_

## **RELEASE AND WAIVER OF LEGAL LIABILITY**

THIS IS YOUR RELEASE AND WAIVER OF LIABILITY (the "Release"). You individually and/or on behalf of any minor child, release the YMCA of Greensboro, Inc., its officers, directors, board members, employees, volunteers, agents, independent contractors, other participants and/or others acting on its behalf (collectively, "YMCA"). You agree that this Release is effective immediately. This is important to you and/or any minor children, so do not sign until you have had your questions answered. You provide this Release freely, and without duress under the following terms:

1) GENERAL RELEASE: I hereby agree for myself and/or my child and our respective heirs, assigns and legal representatives, to indemnify, defend and hold YMCA and its officers, directors, board members, employees, volunteers, agents, independent contractors and other participants ("Releases") in the program harmless from any and all claim and causes of action of any nature for any and all personal injury or illness, including death, which may occur to me and/or my child or which may be aggravated during or by any activity during the course of the program in which I have decide to allow myself and/or my child to engage. I further waive any and all claims or causes of action, which I and/or my child may now or hereafter have against Releases which may at any time arise as a result of any act or thing occurring in or arising out of my and/or my child's participation in the program. I further expressly understand and agree the foregoing indemnity, release and waiver is intended to be as broad and inclusive as permitted by the law of the State of North Carolina and that any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full force and effect.

2) ASSUMPTION OF RISK: I, individually and/or on behalf of any minor child, expressly and specifically assume any and all risk of injury, illness, death, or property damage resulting from my YMCA activities. You assume the risks: I, individually and on behalf of my minor child, understand that YMCA activities are strenuous and dangerous and should be engaged in only by persons in good health. I understand that I should consult a physician before enrolling myself and/or my child in the YMCA program. Once you sign, you are saying that you understand the risks involved and accept all of the risks.

3) MEDICAL RELEASE: I, individually and/or on behalf of any minor child, further hereby release YMCA from any claim whatsoever which may arise as a result of any first aid, treatment, or services or assistance provided to me in connection with any injury that arises from activities at YMCA. A) I take full responsibility for my and my child(s) welfare and safety on or at YMCA activities. B) I hereby give permission for emergency medical treatment to be administered as deemed appropriate.

4) INSURANCE: YOU ARE EXPECTED TO HAVE YOUR OWN HEALTH INSURANCE. You should understand that the YMCA does not carry insurance to cover injuries and losses that may befall you.

5) PHOTOGRAPHIC RELEASE: I consent to be photographed and to allow YMCA's use of any photos of myself and/or my minor child at its sole discretion.

HAVING READ, UNDERSTOOD, AND AGREED WITH THESE TERMS, I HAVE EXECUTED THIS RELEASE, TO BE EFFECTIVE IMMEDIATELY.

Signature of Applicant

**Office Use: 04AQWF**

Date \_\_\_\_\_

