



# ALLEN PARK PUBLIC SCHOOLS

## Community Services Department

### AQUA AEROBICS CLASSES

Join us for one hour of moderate paced aerobics in the water. This exercise program includes a warm up, cardiovascular conditioning, muscle toning, and stretching. The water provides resistance to help promote muscular strength as well as minimizing joint stress. The ability to swim is not necessary. This class is for both ladies and gentlemen.

You now have the option of taking aqua aerobics **one or two days a week**. If you choose to take the one day a week class, you will have to indicate Monday or Wednesday and stay with that program. You will not be able to change days from week to week.

All classes will be held at the Allen Park High School pool from **6:30 – 7:30 p.m.**

<u>Session 1</u>	October 5	(4 weeks)	
<u>Session 2</u>	November 9	(4 weeks)	<b>No classes week of Thanksgiving</b>
<u>Session 3</u>	January 4	(4 weeks)	
<u>Session 4</u>	February 8	(4 weeks)	

<u>1 day per week</u>	\$6.00 per week
<u>2 days per week</u>	\$10.00 per week

\* **Karen Chambers will be your instructor**

#### REGISTRATION

**By Mail...**Registrations (with fee) will be processed in the order in which they are received. You will be notified **ONLY** if the class is full or cancelled. The decision of whether or not to run a class is based on the number of registrations we receive. **Please register early!**

**Walk in...**Registration begins Monday, September 21 at the Community Services office located at 14700 Moore, between the hours of 9:00 a.m. and 3:00 p.m.

**Fees...**There will be a **\$20 charge for all checks returned as not payable**.

**Refunds...**Refunds for persons dropping classes will be made **only before the second class, regardless of attendance**. A five-dollar (\$5.00) cancellation fee will be deducted.

**For further information...**Please call the Community Services office at 827-2664 between the hour of 7:30 a.m. and 4:00 p.m. Your fee must be enclosed to complete registration. Please pay by check or money order made **payable to Allen Park Public Schools**.

Mail to: Allen Park Community Services  
14700 Moore  
Allen Park, MI 48101

#### -----REGISTRATION-----

Name \_\_\_\_\_ Phone (H) \_\_\_\_\_ (W) \_\_\_\_\_ (C) \_\_\_\_\_

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

Please check each session(s) and days you are registering to attend (Mon, Wed or both) and include correct fee.

**Session 1** \_\_\_\_\_ Monday \_\_\_\_\_ Wednesday \_\_\_\_\_ \$24.00 Both \_\_\_\_\_ \$40.00

**Session 2** \_\_\_\_\_ Monday \_\_\_\_\_ Wednesday \_\_\_\_\_ \$24.00 Both \_\_\_\_\_ \$40.00

**Session 3** \_\_\_\_\_ Monday \_\_\_\_\_ Wednesday \_\_\_\_\_ \$24.00 Both \_\_\_\_\_ \$40.00

**Session 4** \_\_\_\_\_ Monday \_\_\_\_\_ Wednesday \_\_\_\_\_ \$24.00 Both \_\_\_\_\_ \$40.00

**Total Fee** \_\_\_\_\_ **Cash** \_\_\_\_\_ **Check #** \_\_\_\_\_