

## Winter Water Aerobics

January 10, 2012 – March 29, 2012  
Tuesday - Thursday 9:00-9:45am

Increase your strength, flexibility, and overall fitness with a low-impact water workout. These 45-minute, choreographed routines are a great option for anyone seeking to stay fit without excess strain to the body. Ages 18 and up welcome. All participants must bring their own aqua belt to class or purchase one from Coach Jen.



**FEES:**

- \$90 for 9 days – Non-Member fees are \$115 for 9 days.
- \$150 for 18 days – Non-Member fees are \$190 for 18 days.
- \$190 for 27 days – Non-Member fees are \$240 for 27 days.
- \$210 for all 36 days – Non-Member fees will be \$265 for 36 days.

To sign up, submit your completed registration form to the office. You will receive an AquaFit Card with the number of days you have purchased (member prices range from \$10.00 per day to less than \$6.00 per day; the more days you buy in advance, the more you save). Present your AquaFit Card to Coach Jen at each class for admittance. Unused days will not transfer to next season’s program, so make sure to only purchase the days you wish to use. Feel free to contact Coach Jennifer Kruse at [jen@lamadronaclub.com](mailto:jen@lamadronaclub.com) with your questions.

Private swim lessons are also available for winter. Openings are listed on the La Madrona website at [www.lamadronaclub.com](http://www.lamadronaclub.com). Email [jen@lamadronaclub.com](mailto:jen@lamadronaclub.com) to schedule.

### REGISTRATION FORM FOR WINTER WATER AEROBICS

Participant’s Name \_\_\_\_\_ Member #: \_\_\_\_\_  
 Phone and Email \_\_\_\_\_  
 Emergency Contact Name and Number \_\_\_\_\_  
 What are your fitness goals? \_\_\_\_\_  
 Do you have any physical limitations? \_\_\_\_\_

JANUARY '12				
M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

FEBRUARY '12				
M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29		

MARCH '12				
M	T	W	T	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30