



City of Milford, Connecticut

-Founded 1639-

70 West River Street – Milford, CT 06460-3317

Tel 203-783-3280 Fax 203-783-3284

www.MilfordRecreation.org

Recreation
Department

**Hydro Aerobics Classes – Therese Liptak
2011/2012 - Session VII**

Hydro Aerobics classes are non-impact workouts that are designed to increase your muscle strength, endurance, flexibility, and improve your cardiac conditioning. These classes are also great for individuals with ailments such as arthritis or heart disease.

Aquatic exercise is a great alternative to regular aerobic and strength training classes, as the water provides support and minimizes joint irritation while providing resistance to your movements.

The 8-week evening class, taught by Therese Liptak, will be held from 6:30 p.m. to 7:30 p.m. on Tuesday and Thursdays at the McCann Natatorium beginning on **Tuesday, December 13, 2011 & ending on Thursday, February 2, 2012.**

Tuesday & Thursday 6:30 p.m. to 7:30 p.m. \$55.00 (\$60 Non-Residents)
Tuesday, December 13, 2011 – Thursday, February 2, 2012 – 16 classes

Your Receipt: Amount _____ Check # _____ Date _____ By _____

Name: _____ DOB: _____ Phone: _____

Address: _____

Email: _____ Emergency Contact: _____

Please Read & Sign Below

By my signature, I do hereby assume all risks of personal injury involved in this activity. I do hereby release the City of Milford, the Recreation Department; the Milford Board of Education its instructors, and their agents of liability and suits at law or in equity from this activity. I also give permission to the Recreation Department to use any photo or video taken of me / my children during participation in this program; for use in print, digital, or web based promotional materials.

Signature: _____ Date: _____

For Office Use Only

Hydro Aerobics 2011/12 Session VII (12/13/11 – 2/2/12)

Amount _____ Check # _____ Date _____ By _____

“Building a Community Through People, Parks, and Programs”

The Benefits Are Endless