



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 – Willie Samuel
2011/2012 - Session VI

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 9 week **morning class**, taught by Willie Samuel, will be held on Monday, Wednesday, and Fridays from 9:30am to 10:30am, at the McCann Natatorium (old Milford Academy) beginning on **Monday, December 5th, 2011 and ending on Friday, February 3rd, 2012.**
No classes 12/26/11, 1/2/12 and 1/16/12.

<input type="checkbox"/>	Mon/Wed/Fri	9:30am – 10:30am	\$80.00 Residents / \$85 Non-Residents
Wednesday, December 5, 2011 - Friday, February 3, 2012 – 24 Classes			
(No Classes – 12/26, 1/2 & 1/16)			

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; it's 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 Only

AM Hydro Aerobics 2011/12 Session VI (12/5 – 2/3)

Amount _____ Check # _____ Date _____ By _____

“Building a Community Through People, Parks, and Programs”
The Benefits Are Endless