



WATER CLASSES
Fall 2019
WOODBRIAR POOL
September 29, 2019 – January 3, 2020

WATER WORKOUT

Susan Groag - Certified Aquatic Fitness Instructor

Remember when walking and running were fun and painless? Remember how much fun it was to play in the water? You can regain your strength and flexibility - water is a perfect place to start. Coeducational non impact exercise for adults of all ages. Flotation belt needed – may be purchased at www.waterym.com \$42.95

Schedule

Sunday	5:00-5:45 pm
Tuesday	8:30-9:15 am
	9:15-10 am
	10-10:45 am
	5:00-5:45 pm
Thursday	8:30-9:15 am
	9:15-10 am
	10-10:45 am
	5:00-5:45 pm
Friday	8:30-9:15 am
	9:15-10 am

Pricing

1 session per week (14 sessions)	\$140.00
2 sessions per week (28 sessions)	\$252.00
3 sessions per week (42 sessions)	\$294.00
4 sessions per week (56 sessions)	\$336.00

PLEASE NOTE:

**Please fill out a separate registration form for each day and time.
 (See Page 2)**

Falmouth Community School
 113 Lakeview Avenue • Falmouth, MA 02540
 508-548-5739
falmouthnightschool@falmouth.k12.ma.us



Registration Form

Name: _____

Mailing Address: _____

Town/Zip Code: _____ Phone: _____

Email _____

*Each form is valid for ONE class ONLY.
A **SEPARATE FORM** must be completed for each class desired.*

<u>Course Name</u>	<u>Day of the week</u>	<u>Time of Class</u>
_____	_____	_____

Where did you hear about our classes? (Please check all that apply)

CC Times ___ Catalog ___ Website ___ Dollar Saver ___ EnterpriseAd ___ Website ___

Email ___ Facebook ___ Other _____

Course Fee: _____

Senior Discount: _____ (65 & older/\$5 discount for classes under \$100. A \$10 discount for classes over \$100)

TOTAL: _____ (Does not include materials fee)

COURSE AND REGISTRATION FEE MUST ACCOMPANY FORM

Check

Charge

For Office Use Only

D.R. _____ T.P. _____ Auth # _____

ALSO _____ Trans # _____

Card#: _____ Exp Date: _____ CRV: _____

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