

2019 AQUA ZUMBA

Program: Taught by Maria Gracia. Aqua Zumba blends the Zumba philosophy with water resistance. There is less impact on your joints during Aqua Zumba so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles. Aqua Zumba is perfect for any age group. Come, join us for a fun way to get and stay fit!

Dates: Thursdays, Aug. 22-Sept. 26, 2019 (6 classes)

Times: 7:15-8:15 pm

Location: Watertown Indoor Pool, 131 Hall Street.

Fees: \$24.00/city resident \$36.00/non-city resident \$7/drop in



Register

Online: <https://watertownwi.recdesk.com/community>

Special Needs: The department will make every effort to comply with the regulations associated with the American's with Disabilities Act (ADA). In the space provided, list any special needs that the participant may have that would benefit his/her participation in this program. The department will attempt to accommodate these needs and will contact you to discuss participation. **Student should communicate any special needs with their instructor.**

Watertown Parks & Recreation Department

2019 Aqua Zumba

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Name _____ Age _____ Birthdate: _____
Address _____ City _____ M or F
Phone _____ Email _____

List any special needs or medical conditions this participant has _____

I understand the inherent risk of injury in participation in this sports program and verify that the person listed above is medically fit to participate. I give my permission to the supervisors of this program to take the proper steps in case participant listed above is in need of emergency medical attention. I also release the sponsoring groups and their agents from any and all claims arising from this participant's participation in this activity.

Signature of Participant _____ Date _____

Fee Paid: \$24.00/cr \$36.00/ncr \$7/drop in

IP Lessons

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