

Water Exercise Classes Spring 2012



De-stress and revitalize your life with this fun and challenging workout. Slim & Trim in the Water is offered as a Deep Water class.

These classes offer effective flexibility and muscle toning with no impact to the joints.

Ages: 18+ Concord Community Pool.

Classes Water exercise classes are set up by the individual week day. All courses are offered in a convenient 5 or 6 class format. We have several experienced instructors who are available to teach and help meet your training needs. All classes have a course number, so sign up for the course or courses that best fit your needs. If there are not enough people registered, the course may be cancelled.

***Deep Water:** *Participants should feel comfortable suspended on flotation devices in deep water.*

Monday Instructor: Pam Hall

Deep Water Mar 5–Apr 9 Mon 10–10:45 a.m.

✦ # 90333 \$36 Res/\$41 Non Res 6 Classes

Deep Water Apr 16–May 21 Mon 10–10:45 a.m.

✦ # 90334 \$36 Res/\$41 Non Res 6 Classes

Tuesday Instructor: Andrea Legault

Deep Water Mar 6–Apr 10 Thu 10–11 a.m.

✦ # 90335 \$36 Res/\$41 Non Res 6 Classes

Deep Water Apr 17–May 22 Thu 10–11 a.m.

✦ # 90336 \$36 Res/\$41 Non Res 6 Classes

Thursday Instructor: Andrea Legault

Deep Water Mar 8–Apr 12 Thu 10–11 a.m.

✦ # 90338 \$36 Res/\$41 Non Res 6 Classes

Deep Water Apr 19–May 24 Thu 10–11 a.m.

✦ # 90339 \$36 Res/\$41 Non Res 6 Classes



For more information on this and/or any other program, please visit us on the web at

www.cityofconcord.org/recreation. **Any additional questions, please ask the pool staff.*

Registration options...

There are 5 ways to register for all classes offered through the City of Concord Parks & Recreation Department...

1. **Online Registration:** www.ConcordReg.org
2. **By Fax:** Send your completed form and credit card information to 689-8169.
3. **By Mail:** Pay by check, MasterCard, Visa or American Express. Mail your completed form with payment to:

Concord Parks & Recreation Registration
1950 Parkside Drive, MS/11
Concord, CA 94519-2578

4. **Drop-off:** During business hours secure drop slots at Willow Pass Center & Centre Concord.
5. **In person registration and customer service hours at the following locations:**

- **Concord Community Pool**
3501 Cowell Rd., Concord, CA 94518 Monday - Friday, 7:00 a.m. - 1:00 p.m.
 - **Willow Pass Community Center**
2748 E. Olivera Road / Monday – Friday, 10:00 a.m. – 12:00 p.m. & 1:00 - 3:00 p.m.
- * We are no longer taking class registrations at the 2974 Salvio Street office*

WITHDRAWALS AND TRANSFERS

If you wish to drop a class or transfer to another session, call us **at least five (5) full working days** before the start date for a refund or credit. **No refunds for non-attendance, one-day workshops, trips or materials fees.**

QUALITY ASSURANCE AND CREDITS / REFUNDS

Try our classes. If, after attending the first class, you are not happy with the quality of the program, call us right away. Tell us what was wrong so we can make it right. If you call before the second class we will give you a full refund or credit. **There are no refunds for non-attendance, one-day workshops, trips or materials fees.** Refunds due to course cancellations can take up to 2 to 4 weeks to process. A credit left on a customer's account will expire 12 months after the date of issuance.

HOW DID YOU HEAR ABOUT THIS PROGRAM?

- Activity Guide
 On-going Program
 Friend or Family
 Brochure or flyer through school
 City Website
 Email Newsletter
 Cable TV Channel
 Banner / Public Display
 Newspaper
 Other _____

Head of Household _____ Concord Resident Non-Resident

Address _____ City _____ State _____ Zip _____

Email _____ Phone (Day) _____ Phone (Eve) _____

ACTIVITY REGISTRATION: This is for (check one) Winter Spring Summer Fall

Participant Name	Date of Birth	Course #	Course Title	Fee

Total Fees \$ _____

WAIVER AND RELEASE FROM LIABILITY / ASSUMPTION OF RISK

I, the undersigned, wish to participate in one or more activities (hereinafter collectively referred to as "the Activity") conducted in collaboration with the City of Concord's Parks & Recreation Department. I am aware that serious accidents and injuries occasionally occur during recreational pursuits such as the Activity. In consideration of my participation in the Activity, I knowingly and voluntarily assume all risks arising therefrom, and on behalf of myself, my heirs and assignees release the City of Concord, its officers, agents, employees and volunteers from any and all claims, liens, damages, lawsuits, or liability for property damage, injury or death, resulting from, arising out of, or in any way connected with my participation in the Activity.

I agree and acknowledge that this Waiver and Release From Liability/Assumption of Risk shall apply even in the event that I suffer death, personal injury, or property damage as the result of passive or active negligence on the part of the City of Concord, its officers, agents, employees, or volunteers of the City (with the exception of sole, active negligence, or willful misconduct). In the event that the individual participating in the Activity is a minor, I certify that I am his/her parent or legal guardian and I give my permission for him/her to participate in the Activity. I understand my signature is a legal and binding signature and will be considered original if received by fax.

USE OF PARTICIPANT PHOTOGRAPHS/VIDEO

In addition to the forgoing, I give consent to Concord Parks & Recreation or any other media agency authorized by the City of Concord to photograph or video me (or the minor on whose behalf I am signing this waiver), and to use such photographs/video footage in brochures, newspapers or other forms of media describing City of Concord activities. I agree to advise the City of Concord Parks & Recreation Department in writing if I do not agree to the forgoing.

Signature _____ Date _____ Self Parent Guardian
 (check one)

Check # _____ Payable to: Concord Parks & Recreation Amount \$ _____

Visa Master Card American Express Card #: _____ Exp. _____
 Date _____
 Month / Day / Year

Print name as it appears on card: _____

Signature _____