

2014 AQUATICS REGISTRATION FORM - Golden Valley Campus

Phone 763-588-0811

Name _____ Barcode Number _____

Birth Date _____ Today's Date _____ Phone _____

- Employees can participate in Independent Pool (ITE) at no charge after an assessment (\$20) has been completed. All other classes are available at 25% off the listed price. The discount excludes Watsu, StayFit and adaptive lessons. Please present your nametag to staff at the time of registration.
- Volunteers receive a 25% discount on Independent Pool pass and classes after an assessment has been completed. The discount excludes Watsu, StayFit and adaptive lessons. Please present your nametag to staff at the time of registration.
- All pool users are responsible for the information on the Aquatic Participants Information Sheet.
- All per-visit passes are good for 6 months from date of purchase.

Check Session	Class Sessions 2014 (check one)	
	Winter	January 6-March 15
	Spring	March 17-May 24
	Summer I	May 27-August 2
	Summer II	August 4-October 11
	Fall	October 13-December 20

Assessment

	Assessment	Arranged	\$45
	Orientation	Arranged	\$23

Independent Pool Fitness Combo Pass (ITE)

	10 visit pass (visits are good for 6 months from date of purchase)	\$70
	1 month pass	\$45
	3 month pass	\$120

Aerobics

	Morning (Visits are good for 6 months from date of purchase)	M/W/F	6:30-7:30 a.m.	\$90 for 12 visits \$105 for 10 week session
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Ai Chi

	Thursday	6:45-7:30 a.m.	\$65 for 10 weeks
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Adapted Swim Lessons

	1:1 Aquatic Instructor or Aquatic Specialist	M/T/W/TH/F/S	30 minutes once/week 60 minutes once/week	\$160 for 10 weeks \$320 for 10 weeks
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Adapted Small Group Swim Lessons

	1:1 Aquatic Instructor or Aquatic Specialist	M/T/W/TH/F/S	Arranged	\$120 for 10 weeks
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Arthritis

	Stretch	T/TH	9-10 a.m.	\$105 for 10 weeks
	Stretch	M/W	1-2 p.m.	\$105 for 10 weeks
	Exercise	M/W	9-10 a.m.	\$105 for 10 weeks

Deep Water Training

	Wednesday/Friday (Visits are good for 6 months from date of purchase)	9-10 a.m.	\$90 for 12 visits \$105 for 10 weeks
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Fibro-cize

	Day (Visits are good for 6 months from date of purchase)	M/W	Noon-1 p.m.	\$90 for 12 visits \$105 for 10 weeks
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Neuro Splash Class

	Daytime	T/TH	10-11 a.m.	\$105 for 10 weeks
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Personal Training

	Aquatic Specialist	Arranged		\$45 / 30 min. \$75 / 60 min.
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Pre-Natal Splash

	Tuesday (Visits are good for 6 months from date of purchase)		5:30-6:30 p.m.	\$90 for 12 visits \$45 for 6 visits
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Stay Fit (One-To-One Exercise)

	1:1 Aquatic Specialist	M/T/W/TH/F/S	30 minutes once/week 60 minutes once/week	\$160 for 10 weeks \$320 for 10 weeks
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Stay Fit Extra (One-To-One Exercise)

	1:1 Aquatic Specialist	M/T/W/TH/F/S	30 minutes once/week 60 minutes once/week	\$220 for 10 weeks \$440 for 10 weeks
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Watsu (Aquatic Bodywork)

	Watsu Intake	Arranged	Arranged	\$70
	M, T, W, TH, F	Arranged	30 minutes (practitioner)	\$45 / visit
	M, T, W, TH, F	Arranged	45 minutes (practitioner)	\$65 / visit
	M, T, W, TH, F	Arranged	60 minutes (practitioner)	\$75 / visit

Whole Body Conditioning

	Daytime	M/W Friday	11 a.m.-noon 12:30-1:30 p.m./	\$105 for 10 weeks \$50 for 10 weeks
	Evening	M/W	6-7 p.m.	\$105 for 10 weeks