

Decatur Township

Water Aerobics



Benefits of Water Aerobics:

Water Aerobics is an energizing forms of aerobics that all ages and abilities can participate. Water Aerobics will work to increase flexibility, joint mobility, and help lose weight, while at the same time providing a fun and social activity. Because the water supports most of your weight, water aerobics is easy on the hips, legs, and feet, which helps relieve stress and increase stamina compared to other forms of exercise.

Class	Session Dates	Class Time	Session Price
Mon/Wed	Nov 7 — Nov 30	6 — 6:45PM	\$35



Class Information:

The Class will be Monday and Wednesday from 6 to 6:45 pm in the shallow area of the pool, The class is designed for all ages and abilities with modifications, if needed, for the more strenuous activities. This class includes 8, 45 minutes sessions. We will have a bonus class Friday Nov 18th to make up for any missed day or if you know you will miss a day around Thanksgiving.

Payment can be cash or check made payable to MSD of Decatur Township. Payment is due on the first day of class.

November 2016

For More Information:

Email: Curtis Cox at
cjcox@msddecatur.k12.in.us

Mail Registration to:
Decatur Central High School
Attn: Curtis Cox
5251 Kentucky Ave
Indianapolis, IN 46221



Water Aerobics Class Registration Form:

Participant Name

Phone Number

Address

Signature

City

Zip

Date