

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
Tue/Thur	Sept 6 — Sept 29	6 — 6:45PM	\$35



September 2016

Class Information:

The Class will be Tuesdays and Thursdays 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

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

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