

## AQUATIC CENTER

The Eline von Borries Aquatic Center opened its doors in 1967 and now serves the Goucher College faculty/staff, students, alumni, and community. To please the recreational and competitive swimmers the water temperature is set at a mild 82 degrees. The pool measures 25 yards and has 6 lap lanes.

## WATER AEROBICS

The Goucher College Aquatic Center is proud to offer Water Aerobics as part of a series of programs designed to provide the surrounding community opportunities to participate in a wide variety of aquatic activities. Each class of Water Aerobics will consist of a short warm-up followed by a 45-minute series of instructor led exercises designed to increase aerobic capacity, muscle strength and flexibility. Classes meet three times per week.

## WATER AEROBIC ADVANTAGES

- The buoyancy of the water prevents joint and muscle stress often associated with traditional aerobics by cushioning the weight bearing joints.
- The resistance of the water provides an excellent medium for improving strength without the use of weights.
- The movement/circulation of the water provides continuous gentle muscle and joint massage, relieving muscle soreness and improving flexibility.

The program is 100% individualized.

Participants can complete the exercises at their current level of fitness.

**HOURS:** Monday, Wednesday, Friday  
10:00 – 11:00am

## SESSION DATES – 2018 through 2019

Fall Session I – 7 weeks  
September 5<sup>th</sup> through October 19<sup>th</sup>

Fall Session II – 8 weeks  
October 22<sup>nd</sup> - December 14<sup>th</sup>  
(No class November 21<sup>st</sup> or November 23<sup>rd</sup>)

Winter Session I – 7 weeks  
January 7<sup>th</sup> - February 22<sup>nd</sup>

Spring Session I – 7 weeks  
February 25<sup>th</sup>- April 12<sup>th</sup>

Spring Session II – 7 weeks  
April 15<sup>th</sup> – May 31<sup>st</sup>  
(No class May 24<sup>th</sup> or May 27<sup>th</sup>)

Summer Session – 8 weeks  
June 3<sup>rd</sup> – July 26<sup>th</sup>

## FEE STRUCTURE

<u>Type</u>	<u>8 Week</u>	<u>7 Week</u>	<u>Per Lesson</u>
General	\$55.00	\$50.00	\$7.00
Sr. Citizen	\$50.00	\$45.00	\$7.00
Members	\$45.00	\$40.00	\$6.00

## ADDITIONAL INFORMATION

### PLEASE DO WEAR:

- Water shoes
- Proper bathing attire

### PLEASE DO NOT WEAR:

- Perfumes/lotions/powders/band aids
- Jewelry that may restrict or impair movement

## REGISTRATION INFORMATION

Please follow all directions when filling out the registration form on the reverse side of this brochure.

REGISTRATION DEADLINE: Registrations are due 1 week in advance of the class date.

Please make all checks payable to the Goucher Aquatic Center and mail to:

**Office of the Aquatic Center  
Goucher College  
1021 Dulaney Valley Rd.  
Baltimore, MD 21204**

*Registrations will be accepted in person or by mail. Phone in registrations will not be accepted. Each participant is required to sign a consent form prior to participation in class. Enrollment will be limited in each program. Payment will be accepted by check or money order only. NO REFUNDS*

Each session will strictly adhere to the posted schedule. Individuals are not eligible to use the pool outside their class time unless they are members.

If priority events are scheduled that conflict with Water Aerobics, every effort will be made to reschedule that class. Any changes to the regular schedule will be announced in class.

**\*For additional information  
Call (410) 337-6388.**

Name: \_\_\_\_\_ Phone Number: (H) \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Registration Type: (Please Circle)      General      Senior      Member      Staff

Amount Enclosed: \_\_\_\_\_ *Make check payable to Goucher Aquatic Center*

Amount R'cd: \_\_\_\_\_ Chk #: \_\_\_\_\_ Date R'cd: \_\_\_\_\_ Date Sent: \_\_\_\_\_ Memb. #: \_\_\_\_\_ Staff Int.: \_\_\_\_\_

*Office Use Only*



Office of the Aquatic Center  
1021 Dulaney Valley Road  
Baltimore, MD 21204  
Attn: Thomas L. Till



# Aquatic Center

## Water Aerobics Alumni Community Member/Staff

Instructor: Joan Linder