



AQUATIC CENTER

WATER AEROBICS

GOUCHER
—college—



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

NAME _____ PHONE NUMBER (H) _____ (C) _____

ADDRESS _____ E MAIL _____

CITY _____ STATE _____ ZIP CODE _____

YEAR OF GRADUATION _____ MAIDEN NAME _____

REGISTRATION TYPE (circle one)
 General Senior Member Staff

OFFICIAL USE ONLY

AMOUNT RED _____ CHECK # _____ DATE RED _____ DATE SENT _____ MEMB. # _____ STAFF INT _____

AQUATIC CENTER

The Eline von Borries Aquatic Center opened its doors in 1967 and now serves the Goucher College faculty/staff, students, alumnae/i, and Baltimore community. The pool water temperature is set at a mild 82 degrees. The pool measures 25 yards and has six 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 AEROBICS 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 – 11 a.m.

SESSION DATES: 2019-20

Fall Session: 1 – 7 weeks

September 4 through October 18

Fall Session: 11 – 8 weeks

October 21 - December 13

(No class November 20 or November 22)

Winter Session: 1 – 7 weeks

January 6 - February 21

Spring Session: 1 – 7 weeks

February 24- April 13

Spring Session: 11 – 7 weeks

April 15 – June 1

(No class May 22 or May 24)

Summer Session: 8 weeks

June 3 – July 27

REGISTRATION INFORMATION

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

REGISTRATION DEADLINE: Registrations are due one 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..**

FEE STRUCTURE

Type	8 week	7 week	Per Lesson
General	\$85	\$50	\$7
Sr Citizen	\$50	\$45	\$7
Family	\$45	\$40	\$6

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