Northampton Aquatic & Family Center
JFK Middle School, 100 Bridge Rd., Florence

Water Aerobics

Spring Classes

Classes use a combination of Deep & Shallow water exercise

Using the resistance of water to develop balanced muscle conditioning and cardiovascular fitness, this program is for all ages and ability levels, women and men. Deep & shallow water workouts offer a superior range of motion and allow for greater muscular strengthening. Most exercises are done in a vertical position and are designed to provide a great full body workout. Everyone is encouraged to work at their own pace and exercises may be modified to suit individual needs. Chris Kostek and Christie Emerson bring lots of energy to their dynamic, safe and constructive classes. Chris K. teaches our morning class and Christie E. teaches our Tuesday and Thursday evening classes.

MORNING CLASS

Mondays, Wednesdays & Fridays (26 classes) 7:00 - 7:40 am
May 2 - July 1 $41/ $61 / $71
No class - May 30

EVENING CLASSES

Tuesdays (9 classes) 6:00 - 7:00 pm
May 3 - June 28 ***$23/$35/ $45***

Thursdays (9 classes) 6:00 - 7:00 pm
May 5 - June 30 ***$23/$35/ $45***

Walk-In Fee $5/ $6 / $7

Fees listed in the order of AFC Member / Non-Member Resident / Non-Resident

Registrations accepted at the AFC at JFK Middle School, 100 Bridge Rd., Florence,
Mon-Fri 4:00-7:00 pm, Sat 10:00 am-5:00 pm and Sun 11:00 am-4:30 pm,
413-587-1046
or
Northampton Parks and Recreation Dept., 90 Locust St., Northampton, MA
Mon-Fri 8:30 am-4:30 pm
413-587-1040

NRD NORTHAMPTON RECREATION DEPARTMENT

www.northamptonma.gov/recreation