Northampton Parks & Recreation
Aquatic & Family Center
JFK Middle School, 100 Bridge Road, Florence, MA 01062

aqua ZUMBA®

Now Available For online registration

Session IV Summer 2020

Aqua Zumba ® is perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. Benefits here is that there is less impact on your joints during this class so you can really let loose. Water's natural resistance helps tone your muscles. Instructor Patricia J.'s class features both Latin and World music and choreography incorporated into Aqua Fitness, Aqua Interval Training, and Aqua Pilates—for a fun, effective, and a complete aquatic work-out! With this class, you will blast calories and sculpt your way to lean muscles, and work head to toe on strength, toning, balance, coordination, flexibility and more!

Instructor Patricia J. is a licensed instructor in Zumba Toning®, Zumba Gold®, Aqua Zumba®, and Strong by Zumba®, she is also is AFAA certified.

MONDAY EVENING CLASSES

Date: **June 29 - August 10 (7 classes)**

Time: **5:30 - 6:30 pm**

Fee: **$21/ $32 / $42**

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

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

Registrations accepted online, or at the AFC at JFK Middle School, 100 Bridge Road, Florence 01062
Mon-Fri. 4:00-7:00pm, Sat 10:00 am-5:00pm and Sun 11:00am-4:30pm 413-587-1046
or
Northampton Parks & Recreation Department, 100A Bridge Road, Florence, MA 01062
Mon-Fri., 8:30 am-4:30 pm 413-587-1040
www.northamptonma.gov/recreation

REGISTRATION FORM ON REVERSE SIDE

Updated 2/5/20

NORTHAMPTON PARKS & RECREATION DEPARTMENT - REGISTRATION FORM

Today's Date: _____/_____/_____ ***PLEASE PRINT LEGIBLY*** ☐ New to Northampton Parks & Recreation ☐ I have updated my Information

ADULT 1

Name _____

Address _____

City _____ St_____ Zip_____

Phone: (H) (____)_____ (W) (____)_____

Cell (____)_____

Email: _____

ADULT 2

Name _____

Address _____

City _____ St_____ Zip_____

Phone: (H) (____)_____ (W) (____)_____

Cell (____)_____

Email: _____

EMERGENCY CONTACT OTHER THAN PARENT

Name _____

Phone (____)_____

Photo Release: May Northampton Parks & Recreation Department use photos of you or your family members for brochure, website, promotional use?

Yes ☐ No ☐

PARTICIPANT'S FULL NAME: _____ Gender _____

Current Grade as of Fall _____ _____ (Year) (Grade)

Date of Birth _____ School _____

Program Name	Session	Day(s)	Level	Start Date	Basic Fee	Non-Res Fee (where applicable)	Total Fee
					$	$	$
					$	$	$

TOTAL FEE FOR PARTICIPANT $

PASS PURCHASE

Pass	Pass Type	Pass Length	Fee
Aquatic Center	Res: Adult Family Senior Youth Non-Res Adult Family Senior Youth	6 Month 12 Month	$

Pass Holder's Name(s)	Gender	DOB	Pass/Tag# Issued

Special Considerations/Comments
(Use separate sheet of paper if necessary)

_____

_____

_____

_____

_____

_____

TOTAL AMOUNT DUE $

Recreational and Volunteers Activities Release Form

I, the undersigned, do hereby consent to my participation in voluntary or recreation programs of the City of Northampton.
I also agree to forever release the City of Northampton, and all their employees, agents, board members, volunteers and any and all individuals and organizations assisting or participating in any voluntary or recreation programs of the City of Northampton from any and all claims, rights of action and causes of action that may have arisen in the past, or may arise in the future, directly or indirectly, from personal injuries to myself or property damage resulting from my participation in the City of Northampton voluntary activities or programs.
I also promise, to indemnify, defend, and hold harmless the Releasees against any and all legal claims and proceedings of any description that may have been asserted in the past, or may be asserted in the future, directly or indirectly, arising from personal injuries to myself or property damage resulting from participation in the City of Northampton voluntary activities or recreation programs.
I further affirm that I have read this Consent and Release From and that I understand the contents of this Form. I understand that my participation is voluntary and that I am free to choose not to participate in said programs. By signing this form, I affirm that I have decided to participate in the City as a volunteer or in its recreation programs with full knowledge that the Releasees will not be liable to anyone for personal injuries and property damage that I may suffer in voluntary activities with the City of Northampton or recreation programs.

Participant Signature or Parent/Legal Guardian if under 18 years old: _____ Date:_____

Charge my VISA ___ Master Card ___ Discover ___ Card #_____ Expiration _____

Name on Card _____ Signature _____

Office Use Only: Amt Rec'd $_____ Cash ____ Check # _____ Credit _____ Date _____ RT Date _____ Staff _____