



Northampton Parks & Recreation Aquatic and Family Center

located at JFK Middle School, 100 Bridge Rd., Florence, MA



Aqua Fitness Spring 2022

ALL CURRENT LOCAL AND
STATE COVID REGULATIONS
WILL BE FOLLOWED

MONDAY EVENING CLASSES

Aqua Fitness

This class incorporates all forms of Aqua Fitness using the latest in fitness and fitness music guaranteed to motivate you to move! Whether you are a newbie or Aqua Fitness pro, this class is for you. From HIIT (high intensity interval training) to dance fitness to Aqua Pilates and stretching, you will work your way to a healthier you! This program works on whole body fitness with increased range of motion for improving and maintaining these basic elements of fitness - endurance, strength, flexibility, balance, coordination, and agility. It'll have you working your way to better health and fitness through a combination of dance fitness, resistance – HIIT, Aqua Pilates, and mindful stretching. This is a shallow water class, in part using aqua weights; and in part, deep end, using pool noodles or belts. Sign up today!

Patricia J. is a professional fitness and lifesaving Instructor

EVENING CLASS

Monday

Dates: May 2 - July 18 (10 classes)
(No Class May 30, July 4)

Time: 6 - 7 pm

Fee: Resident: \$60
Non-Resident: \$80

AFC members who extended their membership: \$50*

*This fee is for those who had AFC memberships in March 2020 when we shut down due to COVID, and who did not request a refund. Please contact our office if you qualify to use this discount, if you are unsure or need clarification

Walk in fees: \$10

Registrations accepted online or at the AFC, 100 Bridge Road, Florence, MA
Mon-Fri 4:30-6:00 pm, 413-587-1046
or
Northampton Parks & Rec Department, 100A Bridge Road, Florence, MA
Mon-Fri 8:30 am-4:30 pm

FOR MORE INFORMATION
& TO REGISTER



SCAN ME

OPEN YOUR CAMERA APP ON YOUR PHONE
& FOLLOW THE PROMPT

413-587-1040

www.northamptonma.gov/recreation

Updated 4/22/22

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 _____

Date of Birth _____ School _____

Current Grade _____

Program Name	Start Date	Day(s)	Basic Fee	Total Fee
			\$	\$
			\$	\$

TOTAL FEE FOR PARTICIPANT

\$

Special Considerations/Comments (Use back if necessary) _____

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 _____