



WATER AEROBICS

CLASS FOR ADULTS & SENIORS

START YOUR DAY THE FUN WAY!
LOW IMPACT WATER EXERCISE IS FUN AND ENERGIZING

PROGRAM DATES, TIME & LOCATION

PERSHING FIELD POOL - 201 CENTRAL AVENUE

TUESDAYS, 9:30 AM - 10:30 AM
***SHALLOW WATER - KICK BOXING**

WEDNESDAYS, 9:30 AM - 10:30 AM
***DEEP WATER AQUA-JOG**

PERSHING FIELD COMMUNITY CENTER - 201 CENTRAL AVENUE

THURSDAY, 9:30 AM - 10:30 AM
***SEATED LOW-IMPACT TONING WITH WEIGHTS**



ONGOING REGISTRATION OR CALL 201-547-4709 • INSTRUCTOR: GERRI MONTESANO

POOL ENTRY FEE:	ADULTS	\$3.00
	SENIORS (62 AND ABOVE)	\$1.00

CLASS IS FREE

PLEASE BRING SWIMSUIT, TOWEL AND LOCK

This is an ongoing program with no commitment required. Designed for your convenience. Come one, two, or three days a week. Miss a week or two, no problem, we will be happy to welcome you whenever you are able to join the fun.



PRESENTED BY: MAYOR STEVEN M. FULOP, THE JERSEY CITY MUNICIPAL COUNCIL AND THE DEPARTMENT OF RECREATION



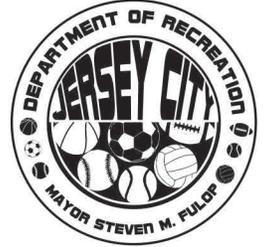
For more information, call 201 547 5003 or visit jerseycitynj.gov.

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MAYOR STEVEN M. FULOP
THE JERSEY CITY DEPT. OF HEALTH & HUMAN SERVICES
AND THE
DEPARTMENT OF RECREATION



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PARTICIPATION FORM

Each section and this entire form must be read, completed and signed before the participant is allowed to take part in any recreational programs.

Name: _____

Address: _____

City, State, Zip: _____

Date of Birth: _____ Email Address: _____

Home Phone #: _____ Cell Phone #: _____

Permission to post pictures: Yes _____ No _____

Person to Notify in Case of Emergency: _____ Phone #: _____

As determined by my physician, I am in good physical condition and I am not aware of any present or previous disease or injury that would result in my being impaired during my participation with the Jersey City Recreation Adult Water Aerobics Program. I empower the staff to exercise reasonable care in the event of an emergency. I hereby agree to abide by the rules and regulations set forth by the Department of Recreation. I also agree to hold harmless the City of Jersey City and the Department of Recreation's employees and class instructors.

Signature: _____

Date: _____