

# **JOIN US FOR WATER AEROBICS!!**

WARSAW MUNICIPAL POOL-2018

Welcome to the Warsaw Municipal Pool. Thank you for your interest in our class. Below is some information that will help familiarize you with the class format. If you have questions, please feel to let us know.

- *FOR CLASS DATES & TIMES REFER TO [WWW.WELCOMETOWARSAW.COM](http://WWW.WELCOMETOWARSAW.COM), THE WATER AEROBICS PG.1 FLYER OR OBTAIN SCHEDULE FROM THE POOL.*

## **OBJECTIVE/WHAT WILL BE TAUGHT:**

The goal of this program is to exercise while elevating the heart rate, working several groups of muscles, and improving flexibility all while staying cool in the pool.

## **CLASS INFORMATION / GUIDLINES:**

- \*Bring a swim suit and towel everyday to class. The pool does not have extra towels for public use.
- \*Water shoes are highly recommended but not required.
  - \*Always have a bottle of water during class.
  - \*There is bottled water & PowerAde for sale at the concession stand.
- \*You must provide your own sunscreen. The Warsaw Municipal Pool does not have any sunscreen for public use.
- \*All materials will be provided by your instructor to create the optimal exercising experience.
- If you have your own pair of weights and/or noodle, feel free to bring them, but do not feel that you must purchase any.
- \*There are gender appropriate locker rooms to change in before and after class.
- \*The Warsaw Municipal Pool is not responsible for any lost or stolen items.
- \*Call the pool no sooner than 30 minutes before class is scheduled to begin on inclement weather days, to see if class will still be held.

**THANK YOU..SEE YOU SOON**