

Water Aerobics

2019

Objectives, Class Info & Guidelines

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

For class dates & times please refer to www.welcometowarsaw.com, or obtain a schedule from the pool.

OBJECTIVE: 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/GUIDELINES:

1. Bring a swim suit and towel to every class. The pool does not have towels for public use.
2. Water shoes are highly recommended but not required.
3. Always have a bottle of water during class. *There is Water & PowerAde for sale at the concession stand.
4. You must provide your own sunscreen. The Warsaw Municipal Pool does not have any sunscreen for public use.
5. All materials will be provided by your instructor to create an optimal exercising experience.
6. If you have your own pair of weights or noodle, feel free to bring them, but do not feel that you must purchase any.
7. There are gender appropriate locker rooms to change in, before and after classes.
8. The Warsaw Municipal Pool is not responsible for any lost or stolen items.
9. If bad weather is in the forecast, call 30 minutes before class to see if it is scheduled to be held or cancelled.

Thank you and Enjoy

Contact the Pool at 660.428.2199 or the City Offices at 660.438.5522 (Mon-Friday 8:00-4:30)