

# Brockton Community Schools

## Adult Aquatics

April 2012 - June 2012

### Courses held

Monday - Thursday evenings at  
Brockton High School Pool

\$66 per course for a 9 wk session (*Mon only*)

\$72 per course for a 10 wk session (*Tue - Thu*)

Register online and save \$10.00

Classes begin  
the week of  
April 23, 2012



Monday	Tuesday	Wednesday	Thursday
<p><b>6:30 - 7:45</b> <b>Adult Instruction/ Adult Instruction</b></p> <p>Beginner swim lessons for adults with little or no water experience. Advanced beginner with some experience focusing on rhythmic breathing with crawlstroke and becoming proficient in other strokes.</p>	<p><b>7:15 - 8:30</b> <b>Deep Water Walking/ Core Conditioning Deep Water Walking/ Core Conditioning</b></p> <p>This class is for anyone looking for an energy boosting, core conditioning, fat burning, NO-IMPACT workout. This class has all the benefits of cardio conditioning, strength training &amp; core conditioning without the impact. <b>Ideal</b> for men &amp; women of all abilities and ages and for those with arthritis or joint conditions. Although swimming skills are not required, participants should be comfortable in the water. Participants should bring drinking water. Use of resistance gloves is welcome, but not required. Buoyancy belts and other equipment will be provided.</p>	<p><b>6:30 - 7:45</b> <b>Aqua Exercise Aqua Exercise</b></p> <p>This is a low impact cardiovascular &amp; strength training, total body workout. This class is performed in waist to chest deep water and is excellent for men and women of every level of fitness, with or without limitations. Stretching, strengthening, aerobic &amp; relaxation exercises will enable you to tone-up, lose weight and feel fabulous. You will have FUN while feeling challenged and refreshed. Participants should wear Aqua Sneakers and bring drinking water; all other equipment will be provided.</p>	<p><b>7:15 - 8:30</b> <b>Deep Water Walking Deep Water Walking</b></p> <p>For men and women of all abilities. This class has all the positive benefits of an aerobic cardiovascular strength training workout without the negative impact of stress on the body. A great class for those with arthritis and other conditions that adversely affect the joints. Participants will wear a buoyancy belt and use a variety of equipment that will help challenge their workout. This water workout will tone, burn fat and refresh you!</p>
<p><b>6:30 - 7:45</b> <b>Adult Lap Swimming Adult Lap Swimming</b></p> <p>Get into shape with the perfect exercise: lap swimming. Informal instruction is available on stroke techniques &amp; introduction to flip turns.</p>	<p><b>7:15 - 8:30</b> <b>Adult Lap Swimming Adult Lap Swimming</b></p> <p>Get into shape with the perfect exercise: lap swimming. Informal instruction is available on stroke techniques &amp; introduction to flip turns.</p>	<p><b>7:30 - 8:45</b> <b>Deep Water Walking/ Core Conditioning Deep Water Walking / Core Conditioning (See Tuesday Description)</b></p>	<p><b>7:15 - 8:30</b> <b>Adult Lap Swimming Adult Lap Swimming</b></p> <p>Get into shape with the perfect exercise: lap swimming. Informal instruction is available on stroke techniques &amp; introduction to flip turns.</p>
<p><b>7:30 - 8:45</b> <b>Aqua Exercise Aqua Exercise</b></p> <p>A low impact cardiovascular &amp; strength, total body workout using buoyancy belts, balls, noodles, kickboards, and aqua weights. This class is excellent for men and women of all ages and abilities, with or without limitations. Have FUN while feeling challenged and refreshed.</p>	<p><b>7:30 - 8:45</b> <b>Adult Lap Swimming Adult Lap Swimming (See Tuesday Description)</b></p>	<p><b>7:30 - 8:45</b> <b>Adult Lap Swimming Adult Lap Swimming (See Tuesday Description)</b></p>	

**ADDITIONAL INFORMATION**

**No Confirmations** The Brockton Community Schools does not send a confirmation of your enrollment. If the course you register for is full, we will notify you with your options.

**Registration Fee** A \$10 registration fee (**included**) is due once per term. This fee is refundable *ONLY* if the course you enroll in is cancelled due to insufficient enrollment.

**Senior Citizen Discount** A 20% discount is available to qualifying seniors 60 and over.

**Returned Check Fee** A \$35 returned check fee will be charged for all checks returned for insufficient funds.

**Tuition** must be paid in full at time of registration. Payment may be made by check, money order, MasterCard, Visa, Discover, or by cash in person.

**The Brockton Community Schools reserves the right to cancel classes with insufficient enrollment and to make changes in instructor's class schedules due to unforeseen circumstances.**

**Withdrawals/Refunds Policy** If you withdraw from a course at least one week before the start date, you will receive a full tuition refund minus a \$10 processing fee. If we cancel a course or if a course is filled when we receive your payment, you will be given a full refund.

If you withdraw less than one week in advance you will be given a course voucher based on the pro-rated schedule below. Note: The course voucher schedule applies only to courses that meet four or more times.

**Pro-rated Course Voucher:**

- 1.) Withdrawal within one-week before class starts: Full course voucher minus a \$10 processing fee.
- 2.) Withdrawal after class has started, but before 2<sup>nd</sup> class meeting: Course voucher for 75% of course fee minus a \$10 processing fee.
- 3.) Withdrawal after 2<sup>nd</sup> class has met but before 3<sup>rd</sup> class meeting: Course voucher for 50% of course fee minus a \$10 processing fee.
- 4.) No course voucher will be given for withdrawal after the 3<sup>rd</sup> class.

**PLEASE NOTE: Students under the age of 18 may not enroll in any continuing education course.**

SPRING classes for Adult Aquatics begin the week of **April 30, 2012** at Brockton High School.

*The Brockton Public School System does not discriminate on the basis of race, religion, color, national origin, age, sex, veteran's status, sexual orientation or disability in admission to, access to, treatment in or employment in its programs and activities.*

**Adult Aquatics Registration Form Spring 2012**

**PLEASE PRINT**

Date: \_\_\_\_\_

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell/Emergency Phone: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

Check here to receive periodic updates at the email address provided above

Course Title	Location	Day	Time	Fee
				\$
				\$
				\$
SUBTOTAL				\$
20% Senior Discount (if applicable) -				\$
TOTAL				

FOR OFFICE USE ONLY

Payment:  Cash  Check  Money Order  Credit Card  Electronic Check

Check Number \_\_\_\_\_ Money Order Number \_\_\_\_\_ Electronic Check Number \_\_\_\_\_

**Register online and save \$10 on any course that meets four weeks or longer.**  
**[www.brocktoncommunityschools.com](http://www.brocktoncommunityschools.com)**

Browse our site to see all of the programs that we offer.  
 When you are ready to register go to the top right hand corner of the page, above the picture, there will be options for you to choose.  
 Please choose Login: Adults or Kids (Choose Adults)  
 First time users must create an account or login to your account with your existing email and password  
 Select Course or Program of Interest  
 Follow the prompts until the checkout is complete  
 If you need assistance or have questions about the process, please call the Community Schools office at 508-580-7595.

