

Nassau County Aquatic Center

NASSAU COUNTY DEPT. OF PARKS, RECREATION & MUSEUMS

2013 Summer Session Aquatic Fitness Classes

Registration starts on Monday, Apr. 22nd at 8:00 am

Adult Registration Rules:

- Leisure Pass is required at time of registration. We cannot look up a Leisure Pass in the computer.
- Sign up is first come, first serve and must be done in person. Places in the line cannot be held for someone else. Upon arrival, you must go to the end of the line.
- Payment in full is due at the time of registration. No refunds or make-ups are allowed.
- Registration is on-going during business hours until classes fill.
- You may not sign up for more than 2 aquatic fitness classes on the first registration day.

AQUATIC FITNESS CLASS SCHEDULE

Check brochure or website for Class descriptions. All Classes are 1 hour.

Monday	Wednesday	Thursday	Friday
Adult Fit Swim (18 + over) <i>7:15 a.m.</i>			Adult Fit Swim (18 + over) <i>7:15 a.m.</i>
Aquajog <i>9 a.m.</i>	Aquajog <i>9 a.m.</i>		Aquajog <i>9 a.m.</i>
	Joint Efforts <i>11 a.m.</i>		Aquaerobics <i>11 a.m.</i>
Aquatic Cardio Kickboxing <i>4:30 p.m.</i>		Aqua Zumba <i>4:30 p.m.</i>	

Classes will be cancelled if enrollment numbers do not meet at least half the full class size.

DATES & FEES*

Note: \$5.00 non-refundable registration fee is charged per class

Monday:	Fee: \$ 49.50, 9 Classes	Starts: 5/13 - Last Class: 7/15	No class: 5/27
Wednesday:	Fee: \$ 55.00, 10 Classes	Starts: 5/15 - Last Class: 7/17	10 straight weeks
Thursday:	Fee: \$ 44.00, 8 Classes	Starts: 5/16 - Last Class: 7/11	No class: 7/4, 7/18
Friday:	Fee: \$ 49.50, 9 Classes	Starts: 5/17 - Last Class: 7/12	No class: 7/19

**Discounts offered for taking multiple Aquatic Fitness classes.*

Discounts

2 classes per session	\$11.00 discount (off total)
3 classes per session	\$24.00 discount (off total)
4 classes per session	\$40.00 discount (off total)

ALL SCHEDULES ARE SUBJECT TO CHANGE

www.nassaucountyny.gov/agencies/Parks



NASSAU COUNTY EXECUTIVE

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