



Ledgepark Pirates Water Aerobics

REGISTRATION

Sunday March 28, 2010— 2:00-4:00pm
Ledgewood Clubhouse

Session 1: 5 Week Program

June 14 thru July 16, 2010

Session 2: 5 Week Program

July 19 thru August 20, 2010

Location:

Ledgewood Pool

Time:

M-W-F 11:00 am—noon

Session Fee: (15 classes)

\$50.00 per Session

(Make checks payable to: Ledgewood Swim Team)

Water Aerobics Program is open to Ledgewood residents. (Ages 15 and older)
Participants will need to bring a towel and goggles to classes.
No refunds will be given for missed sessions.

WATER AEROBICS BENEFITS:

- Reduces risk of muscle or joint injury
- Less stress on joints
- Prevents overheating through continuous cooling of the body



Registration Information:

Participant's Name: _____

Ledgewood Address: _____

Session 1

Session 2

Payment Enclosed: _____

OR , YOU CAN MAIL REGISTRATION!

Karen Andersen c/o Water Aerobics Registration
12226 Windcliff Road
Strongsville, Ohio 44136

**If you have any questions regarding Water Aerobics Program, please contact
Karen Andersen at: (440) 238-3781
Email: LedgeParkPirates@gmail.com**