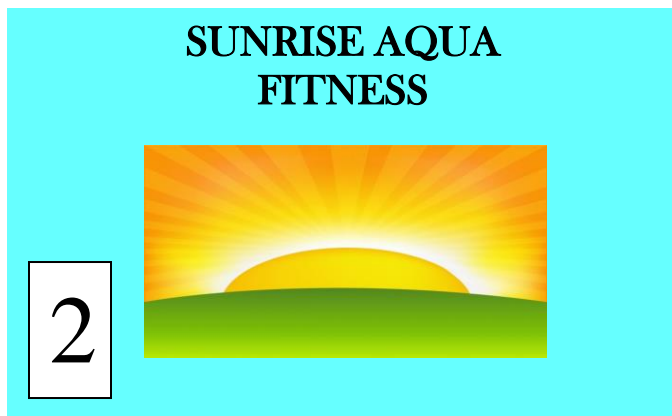


EAST ROCHESTER SUMMER RECREATION 2018 ADULT AQUATICS PROGRAMS at the (heated) Kate Gleason Outdoor Pool



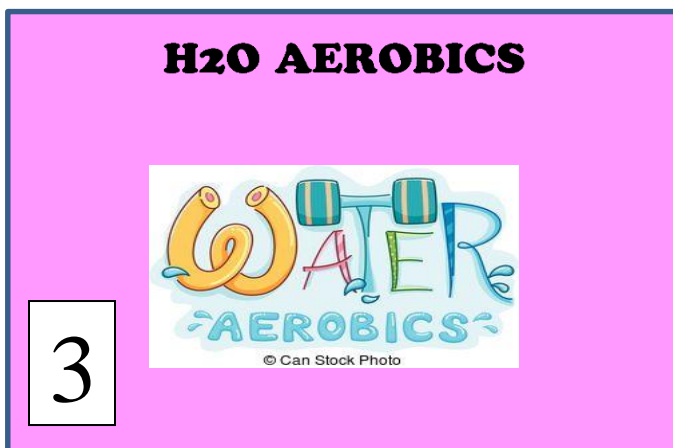
Ages: Seniors Only
When: 11:30-12:15 Tuesdays and Thursdays
Start date: June 26, 2018
Cost: \$20 for 10 Classes

Aqua Instructor Nikki Caruso will lead you through gentle to vigorous physical activity in our warm water. Participants will move all their joints to their full range of motion. Time will be spent on muscle toning, mild cardio and stretching.



Ages: Adults
When: 6:15-7:00 Tuesday, Wednesday and Thurs.
Start date: June 26, 2018
Cost: \$ 50 Punch Pass up to 27 Classes

Instructor Mark Wegman will be on deck with a variety of independent water workout options from aqua jogging to full body workouts. Lap swimming is also available at that time.



Ages: Adults
When: 5:00-6:00 Tuesday and Thursday
Start Date: June 26, 2018
Cost: \$ 20 for 10 Classes

Looking for a workout that is easy on your joints, but still works your heart and major muscles groups? Water Aerobics is just that, plus a comfortable way to keep moving with natural resistance with little to no impact. Come join instructor Liz Hauser for a great workout that is fun!

East Rochester Recreation Summer Adult Aquatic Programs

PROGRAM	FEE
1. _____	\$ _____
2. _____	\$ _____
3. _____	\$ _____

Name _____

Email _____

Address/City/Zip _____

Phone: days _____ evenings _____

Emergency contact (name/phone) _____

Please read and sign mandatory release: To the best of my knowledge there is no pre-existing condition that would exclude me from participation in the ER School District's Recreation Programs. I assume all risks of damages while participating in any of these activities sponsored by the school district, and its agents, servants, and employees from any claim of any nature arising out of participation in these activities. I do hereby waive, release, absolve, indemnify, and agree to hold harmless the East Rochester School District, organizers, supervisors, and participants. I authorize ERSD representatives to seek and obtain medical aid for me if I sustain an injury while participating in an ER Recreation Program and in their judgment such action is warranted. It's my understanding that I will be subject to the rules and regulations of the program. I have read and understand the above.

Signature _____ Date _____

**Questions? Please call the ERSD Athletic Office at 248-6370, or visit
www.erschools.org.**

