

Department of Planning, Development and Recreation Cornwall Aquatic Centre 100 Water Street East, Cornwall, Ontario, K6H 6G4 Aquatic Program Registration Form	() CASH () VISA () MC () DEBIT CASHIER _____ DATE _____ TOTAL _____ MAIL IN _____
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Please (/)

Session	Dates (start & finish dates vary pending day)	Cancellations	Fee (HST included)
Winter #2	February 10 to April 20, 2019	No lessons on February 18 (Family Day) & April 19 (Good Friday)	\$76.41
Spring	April 22 to June 29, 2019	No Lessons May 20 (Victoria Day)	\$76.41

AQUAFITNESS

(Please Print)

NAME _____ AGE _____ GENDER _____

ADDRESS _____

CITY _____ POSTAL CODE _____

DATE OF BIRTH DAY _____ MONTH _____ YEAR _____

PHONE (HOME) _____ (WORK) _____

FAMILY MAIN CONTACT _____ PHONE _____

PLEASE INDICATE ANY SERIOUS MEDICAL PROBLEM: _____

E-MAIL _____

Providing my email address I give consent to The City of Cornwall to receive future recreation programming information.

Shallow Water Exercise

A great aerobic workout designed to enhance balance and strength as well as increase cardio-respiratory fitness. Geared towards the shallow water aquafit beginner, older adults, pre/post natal adults or adults struggling with rehabilitation, arthritis or muscle and joint ailments. Shallow water exercise program designed for the beginner to advanced working adult who needs that little extra stress relief. This program includes exercises designed to build up body awareness, balance, coordination, muscle strength and toning as well as increasing cardiovascular endurance and fitness.

- Monday 7:30 - 8:25 a.m.
- Monday 9:00 - 9:55 a.m. (Low Impact)
- Monday 11:00 - 11:55 a.m.
- Tuesday 11:00 - 11:55 a.m.
- Tuesday 6:00 - 6:55 p.m.
- Wednesday 7:30 - 8:25 a.m.
- Wednesday 9:00 - 9:55 a.m. (Low Impact)
- Wednesday 11:00 - 11:55 a.m.
- Thursday 11:00 - 11:55 a.m.
- Thursday 6:00 - 6:55 p.m.
- Friday 7:30 - 8:25 a.m.
- Friday 11:00 - 11:55 a.m.

Deep Water Exercise

A **deep water exercise** experience developed for the beginner to advanced individual that is comfortable in the deep water. With the use of aquabelts the client will be exposed to a motivating, fun workout designed to increase body awareness, muscle toning and endurance as well as cardio-respiratory enhancement (**participant should be comfortable in deep water**).

- Monday 7:30 - 8:25 a.m.
- Monday 9:00 - 9:55 a.m.
- Tuesday 11:00 - 11:55 a.m.
- Tuesday 6:00 - 6:55 p.m.
- Wednesday 7:30 - 8:25 a.m.
- Wednesday 9:00 - 9:55 a.m.
- Thursday 11:00 - 11:55 a.m.
- Thursday 6:00 - 6:55 p.m.
- Friday 7:30 - 8:25 a.m.

Aqua Circuit

This multilevel circuit style timed station workout allows you to use water resistance to increase muscular strength while working to maximize your cardiovascular system. Individualized intensity options for all fitness levels.

Friday 9:00 - 9:55 a.m.

Pool Fouling

Everyone is affected when the pool is fouled. Babies, tots and those without bowel control MUST wear snug fitting pool pants, no disposable diapers. All participants should avoid eating or drinking too much prior to swimming and those 'under the weather' should stay home.

REGISTRATION POLICIES AND PROCEDURES

1. Mail In or Register in person commencing January 7th, 2019. Office Hours for registration are Monday to Friday 7:00 a.m. to 10:00 p.m., Saturday and Sunday 7:00 a.m. to 9:00 p.m. For more information please contact the Cornwall Aquatic Centre at 613-933-3586.
2. Mail in registrants will be confirmed by telephone and will receive receipt on first day of class.
3. Customers registering in person will receive a letter of confirmation at the time of registration.
4. If we are unable to accommodate your first choice please indicate a second choice by placing 1 or 2 in the brackets beside your selection.
5. In order to be processed, forms and fees must be completed (signed) and submitted together with current date.
6. Forms will be processed in order of first received, first processed.
7. Interact, Visa and MasterCard are available. No personal cheques.

Mail In Registrations include Visa or Mastercard information below.

Visa # _____ MC # _____ Expiry _____

CLASS PROGRAM CANCELLATION:

In the event that classes are cancelled due to pool a fouling every attempt will be made to contact participants in advance. **Classes that are cancelled due to Civic Holidays, Statutory Holidays, Special Events or pool foulings will not be re-scheduled.** Participants must attend only the class in which they are formally registered. We regret we cannot accommodate requests for make-up classes at other times. There are no refunds for classes re-scheduled by the department; participants must attend that class.

DEPARTMENT OF PLANNING, PARKS AND RECREATION REFUND POLICY

****REFUND INQUIRIES MUST BE DIRECTED TO THE AQUATIC COORDINATOR****

1. **A full refund to be granted if program is cancelled. The Department reserves the right to cancel programs due to insufficient registration.**
2. **A partial refund to be granted, other than for medical reasons, if notification received 48 hours prior to second lesson.**
3. **All refunds subject to a \$5.00 administration fee and to be pro-rated.**
4. All refund requests due to medical reasons must be accompanied by a medical certificate and must be received prior to halfway through the session.
5. Transfers will not be permitted after the second class.
6. Allow four weeks for processing.

THE CITY OF CORNWALL WILL NOT BE RESPONSIBLE FOR ANY MEDICAL, DENTAL OR HOSPITAL BILLS OR ANY OTHER EXPENSES CAUSED BY INJURY TO ANY PERSON PARTICIPATING IN THE CORNWALL DEPARTMENT OF PLANNING, PARKS AND RECREATION PROGRAMS. THIS BEING UNDERSTOOD, REGISTRANT AND PARENTS HEREBY AGREE AND SAVE HARMLESS AND INDEMNIFY THE CITY OF CORNWALL FROM CLAIMS FOR INJURIES.

REGISTRANT SIGNATURE

SIGNATURE OF PARENT OR GUARDIAN