

Cornwall Department of Planning, Development & Recreation
Cornwall Aquatic Centre
100 Water Street East, Cornwall, Ontario, K6H 6G4
Aquatic Program Registration Form

() CASH () VISA () MC () DEBIT () RF

CASHIER _____ DATE _____

TOTAL _____ MAIL IN _____

Summer Session – July 2 – August 24, 2019

(Program operates for approximately 8 weeks)

SUMMER 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. 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 & Wednesday 9 - 9:55 a.m. designated as low impact – Heartwise approved)

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**).

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.)

COST: **\$61.12 /once a week**
(HST included in program fee)

Please Check Shallow Water Exercise Deep Water Exercise (classes run approximately 45 min with 10 min leisure time)

<input type="checkbox"/>	Shallow/Deep Water	Monday	7:30 – 8:25 a.m.
<input type="checkbox"/>	Shallow/Deep Water (low impact)	Monday	9:00 – 9:55 a.m.
<input type="checkbox"/>	Shallow/Deep Water	Monday	11:00 – 11:55 a.m.
<input type="checkbox"/>	Shallow/Deep Water	Tuesday	11:00 – 11:55 a.m.
<input type="checkbox"/>	Shallow/Deep Water	Wednesday	7:30 – 8:25 a.m.
<input type="checkbox"/>	Shallow/Deep Water (low impact)	Wednesday	9:00 – 9:55 a.m.
<input type="checkbox"/>	Shallow/Deep Water	Wednesday	11:00 – 11:55 a.m.
<input type="checkbox"/>	Shallow/Deep Water	Thursday	11:00 – 11:55 a.m.
<input type="checkbox"/>	Shallow/Deep Water	Friday	7:30 – 8:25 a.m.
<input type="checkbox"/>	Shallow/Deep Water (Aqua Circuit)	Friday	9:00 – 9:55 a.m.
<input type="checkbox"/>	Shallow/Deep Water	Friday	11:00 – 11:55 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 / Register in person. 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.
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. Method of payment is by Interact, Visa and Master Card only. No personal cheques.

Class Program Cancellation

In the event that classes are cancelled due to pool foulings every attempt will be made to contact participants in advance. **Classes that are cancelled due to Civic Holidays, Statutory Holidays, Pool Equipment Failure or pool foulings will not be re-scheduled nor refunded.** 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 will be no refunds for classes re-scheduled by the department; participants must attend that class.

DEPARTMENT OF PLANNING, DEVELOPMENT 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.

SIGNATURE OF PARENT OR GUARDIAN