

Lawrence Family Jewish Community Center, JACOBS FAMILY CAMPUS

Qualcomm Sports, Fitness & Aquatics Complex

BE A PART OF IT!

JCC WATER AEROBICS!



Tuesday and Thursday mornings 8:30 am to 9:30 am

Come and see why using the resistance of the water is a great way to get a cardio workout while working all the muscles in your body. This is also a great way to get your friends and family involved in a fun way to stay fit!

There is no previous swimming experience necessary.

This workout is great for all!

For more information, please contact the Aquatics Department at 858-362-1126.

Water Fitness Registration Form

Please detach and return with payment to: Lawrence Family Jewish Community Center, JACOBS FAMILY CAMPUS
4126 Executive Drive La Jolla, CA 92037-1348 Attention: Christian Henry; Make checks payable to: Lawrence Family JCC

Participant Information

Name _____

Address _____ City/State/Zip _____

Home Phone _____ Cell Phone _____

E-Mail _____ JCC Member Yes No

Fees

\$7 per class JCC Members/\$12 per class Non-member
Specialty Card: 10 classes \$50 JCC Members/\$65 Non-members
Specialty Card: 30 classes \$120 JCC Members/\$165 Non-members

Payment Method Check # _____ *VISA *Mastercard Amount Enclosed \$ _____ Receipt # _____

Card# _____ Exp. Date _____

Parent's Signature _____

*A 3% handling fee will be added to all credit card transactions over \$100 processed by the JCC.

Waiver: Participation in any activity and use of any recreational facility involves a risk of accidental injury despite all safety precautions. Having been informed of the activities to be conducted by the Lawrence Family Jewish Community Center, JACOBS FAMILY CAMPUS, I/we as an individual or as a parent or guardian of the participants named herein, assume all risk and hazards incidental to the activity, and release from responsibility and agree to indemnify and hold harmless the JCC, its officers, directors, independent contractors, volunteers and all employees for any illness or injury to me or my children or family members occurring during his/her/our participation in any activity or use of a recreational facility at or conducted by the JCC.

Signature _____ Date _____

Emergency Contact _____ Phone _____

