

WATER FITNESS CLASSES



Men and Women (18 years and older)

Monday/Wednesday/Friday • 9-9:45 a.m.
(August 22 - May 12)

Monday/Wednesday/Thursday • 12-12:45 p.m.
(May 15 - August 17)
and

Tuesday/Thursday • 5:30-6:30 p.m.

FREE!

To current Penn State Harrisburg students with ID

	Per Month	Per Semester	SAVE
3 days per week	\$48	\$180	\$12
2 days per week	\$32	\$120	\$8

Purchase a Water Fitness Punch Card, valid for any 14 classes you choose to attend – \$98

Per class – \$7

Classes are ongoing throughout the semester.

CLASS DESCRIPTION

Water exercise is an excellent way to improve your body's strength and flexibility. It improves the fitness of your heart and lungs, tones the body, and reduces fat. Water exercise provides natural resistance with no impact to joints and leads to better muscular endurance and balance.

Instructor: Holly Maitland-McKenna

All classes are designed for **ALL LEVELS OF ABILITY** – beginner, advanced, non-swimmer, swimmer.

IMPORTANT INFORMATION

1. To register, complete the registration form and return with full payment to the Capital Union Building desk.
2. Inform instructor of any important medical concerns you may have.
3. A fee of \$1.00/day or \$40.00/year (Jan. 1–Dec. 31) is charged for parking on campus. Yearly permits can be secured at the Vehicle Registration Office.

For further information on parking, please call 717-948-6006.

Information:

Craig Merkey

Assistant Director of Aquatics

717-948-6664 • cam86@psu.edu

or

Amy Hickoff

Aquatics Administrative Support Assistant

717-948-6740 • aih2@psu.edu

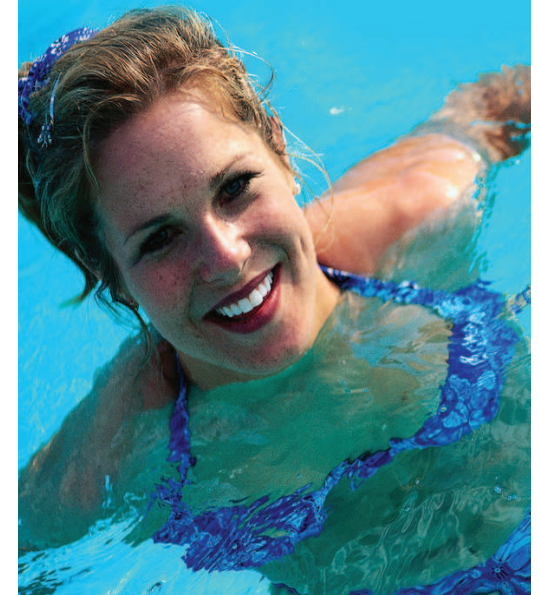
harrisburg.psu.edu/aquatics

Penn State is an equal opportunity, affirmative action employer, and is committed to providing employment opportunities to minorities, women, veterans, individuals with disabilities, and other protected groups. Nondiscrimination: <http://guru.psu.edu/policies/AD85.html> U.Ed. HBO 17-07

PENN STATE HARRISBURG

AQUATICS CENTER

Water Fitness Class



Fall 2016 – Summer 2017



PennState
Harrisburg

Capital Union Building
717-948-6740 • 717-948-6664

WATER FITNESS REGISTRATION FORM

1. To register, complete the following form and return with full payment to the Aquatics Center.
2. PLEASE inform instructor of any important medical concerns you may have.
3. A fee of \$1.00 per day OR \$40.00 per year is charged for parking on campus. Yearly permits may be purchased at the Vehicle Registration Office in the Susquehanna Building, located on Olmsted Drive. For further parking information, call 717-948-6006.

Any questions or concerns should be directed to:

Craig Merkey, Assistant Director of Aquatics • 717-948-6664 or cam86@psu.edu
Amy Hickoff, Aquatics Administrative Support Assistant • 717-948-6740 or aih2@psu.edu

Name _____

Male Female Age _____ Date of Birth _____

Home Address _____

City _____ State _____ Zip _____

Home Phone _____ Alternate Phone _____

E-Mail Address _____

Choose One:

Penn State Harrisburg Student ID# _____

Aquatic Center Member ID# _____ Monthly Semester Daily 14 Punch

Non-Member _____ Monthly Semester Daily 14 Punch

WAIVER OF LIABILITY

Applicant understands that The Pennsylvania State University, through its Capital Union Building Aquatics Facility, offers exercise that can be potentially dangerous. Therefore, it being the intent of the Applicant to hold The Pennsylvania State University, its trustees, officers, agents, and employees harmless, Applicant hereby releases, waives and forever discharges the same from any and all liability for injury suffered by Applicant related to the use of the Capital Union Building Aquatics Facility and the locker rooms at his/her own risk.

It is recommended that Applicant become knowledgeable of all pool rules prior to using the facility.

Pool rules are posted in the facility.

Applicant also understands that due to emergencies in the pool area, the pool may need to close for the lifeguards on duty to attend to the victim(s). Also, due to swim meets and other University schedule changes, the pool schedule is subject to change.

Print Name _____ Sign Name _____ Date _____

Emergency Contact Name and Phone _____

Enclosed is a check for \$_____, made payable to: The Pennsylvania State University.

Send payment and registration to:

Penn State Aquatics Center
777 West Harrisburg Pike
Middletown, PA 17057

Register in person:

Penn State Harrisburg, Capital Union Building
777 West Harrisburg Pike
Middletown, PA 17057

For Office Use:

Amount Paid: _____ Payment type: _____ check _____ cash Payment date: _____ Expiration date: _____

Additional Info: _____ AC Expiration date: _____