



Summer Water Aerobics

AT COLONIE TOWN POOL

This eight week class will be easy on your back & joints while improving muscle tone, flexibility, and strength. The ability to swim is not required. Come have fun in the sun!

TUESDAY & THURSDAY EVENINGS: 7:00-8:00 PM
JULY 1 - AUGUST 21, 2008

ADVANCE REGISTRATION:
COLONIE RESIDENTS – 16 classes/\$36
NON-RESIDENTS – 16 classes/\$45

WALK-INS: \$4.50/class; exact payment by 6:50 PM

NOTE: Only walk-ins familiar with this instructor's class will be accepted after July 17th

** Classes are limited to age 16+ and to 40 registrations **

** No refunds will be given after July 1st **

For information or questions, contact:
Town of Colonie Parks & Recreation Dept at 783-2760 or
Marcia Partlow (instructor) at poolcrzy@hotmail.com

Send registration form and payment by June 20th to:
Town of Colonie Parks & Recreation Dept, 71 Schermerhorn Road, Cohoes, NY 12047

REGISTRATION FORM: 2008 Summer Water Aerobics at Colonie Town Pool
Checks should be made payable to: Town of Colonie Parks & Recreation Dept.

_____ **COLONIE RESIDENT: 16 classes/\$36**

_____ **NON-RESIDENT: 16 classes/\$45**

Name _____
Address _____
E-mail address _____
Phone: Home _____ Work _____ Cell _____