

Village of Hastings-on-Hudson
Recreation Department
Presents



Known as the Zumba® pool party, the Aqua Zumba® program gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, shouting, laughing, hooting and hollering are often heard during an Aqua Zumba® class. Integrating the Zumba® formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba® class blends it all in a safe, challenging, water-based workout that is cardio-conditioning, body-toning and, most of all, exhilarating beyond belief!

This program is open to all pool members age 18 and over.

When: Wednesdays
July 6 - July 27

Time: 7:30 to 8:30 p.m.

Where: Chemka Pool

Instructor: Gina Miller

Fee: \$40 for pool members // \$50 for non-members // \$15 walk-in

Registration is required. Please register online at <http://www.hastingsrecreation.org> or at the James Harmon Community Center during normal hours.

For more information, please contact the Recreation Department at 914-478-2380.

Village of Hastings-on-Hudson Recreation Department

FITNESS REGISTRATION FORM

Name: _____ **Sex:** M _____ F _____

Address: _____

City: _____ **State:** _____ **Zip:** _____

D.O.B: ____/____/____

Home Phone #: (____) _____ **Cell Phone #:** (____) _____

Email Address: _____

Please place a checkmark next to any activity in which you will participate:

Program: Aqua Zumba Fitness (Wednesdays at 7:30) _____

Emergency Contact: _____

Relationship: _____ **Phone #:** (____) _____

In consideration of your accepting this registration form, I the undersigned, for executors, my administrators, assignees and myself, do hereby discharge the Hastings-on-Hudson Recreation Department, all its sponsors, organizers, and their representatives and successors from all claims of damage demands, action and causes of actions whatsoever, in any manner arising or growing out of my participation in said program. I further attest that I am physically qualified to participate in the program.

Signature: _____ **Date:** _____

For Office Use ONLY:

Res/Non-Res: _____ **Proof of Res:** _____ **Payment Rec'd:** _____ **Date:** _____

Photo Taken: _____ **Initials:** _____