

# AQUACISE CLASS/OPEN SWIM WEEKDAY PROGRAM AT THE LYNDHURST COMMUNITY POOL

## ***\$10 OFF FOR A NEW REFERRAL***

Water exercise specialist Taryn will be conducting a wonderful exercise class at the pool. Aquacise, a light water aerobics class, is a great way to improve the quality of your life. The class gives you a great workout with less stress on the knees and joints. Benefits of this class include weight loss, muscle memory, and strengthening of joints.



*If you are new to Aquacise, please feel free to try one session before signing up!!*

**WEDNESDAY CLASSES START ON MARCH 19<sup>TH</sup> AND RUN THROUGH MAY 21<sup>ST</sup>.**

**FRIDAY CLASSES START MARCH 21<sup>ST</sup> AND RUN THROUGH MAY 23<sup>RD</sup>**

*(Wednesday classes start at 10:00 AM*

*Friday classes start at 10:45 AM*

***(The Pool will be closed Good Friday April 18<sup>th</sup>. There will not be a class on Friday, May 2<sup>nd</sup>, but you may still use the pool to swim.)***

THOSE WHO REGISTER FOR AQUACISE WILL ALSO HAVE ACCESS TO **OPEN SWIM** AT THE POOL ON **MONDAY, WEDNESDAY, AND FRIDAY DURING DAYTIME HOURS**

THE COST FOR THE **10-WEEK** PROGRAM IS:

**\$95 FOR LYNDHURST RESIDENTS; \$105 FOR NON-RESIDENTS.** *(Check or Credit Card only)*

For more information email [poolinfo@lyndhurstnj.org](mailto:poolinfo@lyndhurstnj.org) or to sign up for classes, contact the Lyndhurst Parks and Recreation Office located at 250 Cleveland Avenue, Lyndhurst NJ 07071, (201) 804-2482.

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

**\*\*\*NO REFUNDS FOR ANY REASON\*\*\***

*I understand that by signing this form, I must adhere to the posted pool policies at all times; and hours and dates are subject to change. I also understand that there are No refunds.*

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

**For Department Use Only:**

**Make checks payable to: Township of Lyndhurst**

DATE PAID: \_\_\_\_\_ AMOUNT: \_\_\_\_\_ Credit Card \_\_\_\_\_ Check # \_\_\_\_\_