

Benjamin Hill Park
Phone 978-425-9536
Off season phone 978-660-0100
Email benjaminhillpark@gmail.com



Benjamin Hill Park Committee
Located at 93 Benjamin Rd.
Mailing Address PO Box 372
Shirley, MA 01464

2016 WATER AEROBICS REGISTRATION FORM

(Please use a separate form for each participant)

WATER AEROBICS CLASS DESCRIPTION

Our aquatic fitness program focuses on cardio-respiratory endurance, muscular conditioning, and flexibility to promote general fitness. Water aerobics is known to have therapeutic value for improving joint function and reducing pain. Exercises are included for all major muscle groups, improving muscle balance and reducing risk of injury.

NAME:	
ADDRESS:	
PHONE:	EMAIL:
DATE OF BIRTH:	SEX (CIRCLE): MALE FEMALE
MEDICAL INSURANCE CARRIER:	
POLICY NUMBER:	
<p><i>I, the undersigned, agree to forever release the Town of Shirley and all their employees, agents, committee members, volunteers and any and all individuals and organizations assisting or participating in Shirley Water Aerobics from any and all claims, rights of action and causes of action that may have arisen in the past, or may arise in the future, directly or indirectly, from personal injuries to myself or property damage resulting from any participation in Shirley Water Aerobics.</i></p> <p><i>Please note: If you suffer from a severe or acute medical condition, it is best to consult with your primary physician or specialist before participating in any exercise program.</i></p> <p><i>For the safety of all participants, no one is allowed to be in or to enter the pool and pool area unless accompanied by a Lifeguard/Water Safety Instructor. Failure to comply with this policy will be considered trespassing.</i></p>	
SIGNATURE:	

CLASS DATES & REGISTRATION POLICIES

July 11 – Aug. 19 2015 M/W/F 11:00AM-12:00PM

Registration Fee: \$50.00 for 10 Lessons or \$100.00 for Entire Season. Age 70+ free.

Lessons are held rain or shine Monday through Friday each week throughout the summer!

Please note: BHP reserves the right to cancel any lesson without a minimum of 3 participants enrolled.

Please make checks payable to: Town of Shirley

Registration required by Thursday prior to week of lesson. Cancellation thereafter subject to a 50% fee.