

Mayfield Village Parks and Recreation Department
Adapted Recreation
Fall/Winter 2021-2022



Indoor Water Exercise

(10 years+) Moving in the pool helps achieve good cardiovascular health. Movement in water is an excellent method to experience low impact exercise. In this program, participants move at their own pace within their own comfort level. Kate Sullivan has been instrumental in leading this class over the years and she is back at it again! If one on one assistance is needed, parent/caregiver may be required to remain with participant in water. Registration Deadline: the Monday before each session begins. **\$20/session.**

T	6:30-7:30 P	9/21-10/5	Fall 1
		10/12-10/26	Fall 2
		11/2-11/16	Fall 3
		1/4-1/18	Winter 1
		1/25-2/8	Winter 2
		2/15-3/1	Winter 3
		3/8-3/22	Winter 4



Held at **Wildcat Sport & Fitness** (in Mayfield High School) 6116 Wilson Mills Rd., Mayfield Village, 44143.

REGISTRATION INFORMATION

Payment Methods Accepted: check payable to Mayfield Village, MC/Visa/Discover
 Online: mayfieldvillage.activityreg.com
 Mail In: Mayfield Village Parks & Recreation Dept., 6622 Wilson Mills Road, Mayfield Village, Ohio, 44143
 Over Phone: 440.461.5163 with Mastercard/Visa/Discover

Adapted Indoor Water Exercise 2021-2022: Please print clearly

Participant's Name _____ D.O.B. _____ Gender: M F

Best Phone _____ Alt # _____

Parent/Caregiver Name _____ Email _____

Address _____
(street) (city) (zip)

Session (circle): F1 F2 F3 W1 W2 W3 W4 **Total Due \$** _____