

Shallow Water Plyometric

Get a 30 minute burst of exercise that will get you quick results! No swimming experience required. Participants will train at their own pace and intensity. Plyometric exercise works the muscles at maximum force in short intervals of time, with the goal of increasing power, speed and strength. You won't even get your hair wet.

Contact Katie for more information.



**July 12 - August 16
 Wednesday 1:00 - 1:45 PM**

**Program Fee:
 Members \$40
 Non-Members \$50
 *Maximum enrollment of 10**

Shallow Water Plyometric Registration

Participants Name _____ Date of Birth _____
 Home Phone # _____ E-mail _____
 Address _____ City _____ Zip _____
 Emergency Contact _____ Phone # _____

I have attached a check for the registration fee.
 I would like the registration fee auto-debited from my YMCA membership account.
 Yes, I give the YMCA permission to take pictures of me participating in this class.

Signature _____ Date _____ Staff Initials _____

Cancellation Policy

We understand that everyone has busy lives, therefore we will be more than willing to make refunds. Please remember these guidelines when making changes. Cancellations made 7 days prior to the start date of the lesson will receive the registration fee minus a \$5 processing fee. If cancellations are made **less than 7 days prior** to the scheduled start date **No refunds** will be given. If the program is cancelled due to low enrollment the full registration fee will be refunded.

