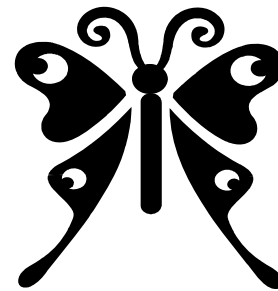


Health Place Arthritis Aquatics 2010



Monday / Wednesday / Friday

Class time: 1:30 pm
Class length: 45 Minutes
Members: No fee
Non-members: \$55.00 for 6 weeks
Program fee: \$25.00 (*non-members only*)

Winter Session (January - March)

Jan. 4 - Feb. 12
Feb. 15 - Mar. 26

Spring Session (April - June)

Mar. 29 - May 7
May 10 - June 21 (*no class 5/31*)

Summer Session (June - October)

June 23 - Aug. 2
Aug. 4 - Sept. 29 (*no class 8/9-8/20, no class 9/6*)

Fall Session (October - December)

Oct. 1 - Nov. 10
Nov. 12 - Dec. 17* (*no class 11/24-11/26*)
*14 classes = \$43

**SEE BACK FOR
REGISTRATION
DETAILS!**

Tuesday / Thursday

Class times: 10:30 am, 11:30 am, 12:00 pm, 4:30pm
Class length: 45 Minutes
Members: No fee
Non-members: \$38 for 6 weeks
Program fee: \$25 (*non-members*)

Winter Session (January - March)

Jan. 5 - Feb. 11
Feb. 16 - Mar. 25

Spring Session (April - June)

Mar 30 - May 6
May 11 - June 17

Summer Session (June - September)

June 22 - July 29
Aug. 3 - Sept. 23
(*no class 8/9-8/20*)

Fall Session (September - December)

Sept. 28 - Nov. 4
Nov. 9 - Dec. 16*
(*no class 11/24-11/26*)
*11 classes = \$35

The Arthritis class on Tues/Thurs at 10:30 am is an **Arthritis Plus** class for individuals with milder arthritis symptoms. The intensity level of this class is slightly higher than other classes. Please call 770-793-7313 for details.

Arthritis Aquatics Class Registration

The Arthritis Foundation Aquatic Program was created for people with arthritis to keep joints flexible, muscles strong and to help reduce the pain associated with arthritis. The water provides gentle resistance to build strength and supports joints to encourage free motion.

Registration

1. Individuals who are not currently participating in a class must call **770-793-7313** to complete necessary paperwork. Once all paperwork is complete, call **770-956-STAR** to register.
2. Current participants will be given priority registration for classes. Participants who do not pre-register for their class must wait until open registration and call 770-956-STAR in order to re-register. Payments will be made at the time of registration. **Participants are encouraged to register for all sessions being offered at that time to secure a space.**
3. Although there is no fee for members of Health Place, **all** participants must register.

Payments

All payments will be made through 770-956-STAR. In order to secure a space in the class, payment must be made at the time of registration. Credit card is the preferred method of payment, however, payroll deduction and checks are also accepted. Except for class pre-registration, payments will not be accepted at Health Place. The **program fee** is a one-time fee and will only be reassessed if the participant does not participate for one year or longer.

Cancellation Policy

If you are unable to attend a class for which you registered - **even if you are a member** - please notify 770-956-STAR in advance so they can release your space. **No refunds will be made.** A Credit Voucher will be issued for class cancellations received at least 7 days prior to the class start date. This voucher may be used to register for future Arthritis Aquatics classes. (Vouchers expire **6 months** from date of issue).

New Participants

New participants must complete Health History and Arthritis Foundation participant application and release forms **before attending class.** Please call 770-793-7313 to receive these forms and to begin the registration process. **Completed forms must be on file at Health Place before class participation can begin.**

If you have any further questions or if you have any special needs, please call 770-793-7313.