2026 Oil City YMCA Aquatics Exercise Registration Form

Please compete this form and return, with payment if required, to the Membership Desk by the 1st of each month.
Please sign up for each month. Please make checks payable to the YMCA.
*SAVE $5 A MONTH BY REGISTERING ONLINE OR BY REGISTERING FOR 6 MONTHS AT A TIME!
USE CODE: AQUA

Participants Name	
Address	

City		State		Zip	
Phone		**Birthdate**		**E-mail**	

YMCA Member _____	**Month Registering For:**	**Amount Included:**
SilverSneakers Member _____		
Non-Member _____		

Aqua Aerobics Classes

A mix of shallow and deep water exercises which is easy on the joints and offers all the benefits of cardiovascular workout. Fast paced workout!

Time:	Member Rate	Non-Member Rate
Mon/Wed/Fri 10:00-11:00am- with Beverly	_____ $15 for Members	_____ $57
Mon/ Wed 7:30-8:30pm with Beverly	_____ $15 for Members	_____ $57
Tue/ Thur 9:30-10:30am with Alicia	_____ $15 for Members	_____ $57

SilverSplash Class

Shallow water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance. Slower paced workout with some fast paced moments.

Time:	Member Rate	Non-Member Rate
Mon/Wed/Fri 11:45-12:45pm with Beverly	_____ $15 for Members	_____ $57

Arthritis

Shallow water gentle exercise to improve mobility and relieve pain and stiffness. Slow paced workout.

Time:	Member Rate	Non-Member Rate
Mon/Wed/Fri 9:00-10:00am with Carol	_____ $15 for Members	_____ $57

Please read: Circle YES or NO and Sign Below: Do you give the Oil City YMCA permission to use, without limitation or obligation, photographs, film footage or tape recordings that may include you or your family member's image(s) or voice(s) for purpose or promoting or interpreting YMCA Program(s)? YES or NO

Parents Signature_____

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FOR SOCIAL RESPONSIBILITY