



COURAGE CENTER 2010 AQUATICS REGISTRATION FORM

Name _____ Barcode _____
 Number _____
 Birth Date _____ Today's Date _____ Phone Number _____

- **When registering, please check appropriate program and session dates.**
- Payments can be made to Courage by cash, check, money order or credit card at the Central Check-In Desk.
- **Courage Employees can participate in Independent Pool (ITE) at no charge after an assessment (\$20) has been completed. All other classes are available at 25% off the listed price. The discount excludes Watsu, StayFit and Adaptive Lessons. Please present your nametag to staff at the time of registration.**
- Courage Volunteers receive a 25% discount on Independent Pool and classes after an assessment has been completed. The discount excludes Watsu, StayFit, and Adaptive Lessons. Please present your nametag to staff at the time of registration.
- All pool users are responsible for the information on the Aquatics Consumer Information Form.

Check Session	Class Sessions 2010 (check one)	
	Winter	January 4 - March 14, 2010 (Registration begins Nov. 23 rd , 2009)
	Spring	March 15 - May 23, 2010 (Registration begins Feb. 15 th , 2010)
	Summer	May 25 - August 1, 2010 (Registration begins Apr. 26 th , 2010)
	Fall I	August 2 - October 10, 2010 (Registration begins July 5 th , 2010)
	Fall II	October 11 - December 19, 2010 (Registration begins Sept. 13 th , 2010)

Assessment

Assessment	Arranged	\$42
Orientation	Arranged	\$21

To schedule an appointment, please call Derek (763) 520-0484

Independent Pool Fitness Combo Pass (ITE)

10 Visit Pass (Visits are good for 6 months from date of purchase)	\$60
3 Month Pass	\$110

Any questions, please call Central Check-In (763) 520-0400

Aerobics

Morning (Visits are good for 6 months from date of purchase)	M/W/F	6:30 – 7:30 AM	\$72 for 12 visits \$93 for 10 week session
Day (Visits are good for 6 months from date of purchase)	M/W	11:00AM – 12:00PM	\$72 for 12 visits \$93 for 10 week session

Any questions, please call Vicki at (763) 520-0486

Adapted Swim Lessons

Aquatic Instructor or Aquatic Specialist	M/T/W/TH/F/S	Arranged	\$138.00 for 10 weeks
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Any questions, please call Emily Amundsen (763) 520-0315

Ai Chi

Tuesday/Thursday	6:45 – 7:30 AM	\$88.00 for 10 weeks
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Any questions, please call Derek at (763) 520-0484

Arthritis

Stretch	T/TH	9:00 – 10:00 AM	\$93.00 for 10 weeks
Stretch	M/W	1:00 – 2:00 PM	\$93.00 for 10 weeks
Exercise	M/W	9:00 – 10:00 AM	\$93.00 for 10 weeks

Any questions, please call Heidi at (763) 520-0687

Back Moves

	Monday/Wednesday		12:15 – 1:15 PM	\$120.00 for 10 weeks
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To register, please call Mary at (763) 520-0485

Deep Water Jogging

	Fridays		9:00 – 10:00am	\$47 for 10 weeks
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Any questions, please call Heidi at (763) 520-0687

Fibro-cize

	Day (Visits are good for 6 months from date of purchase)	M/W/F	12:00 – 1:00 PM	\$72 for 12 visits \$93 for 10 week session
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Any questions, please call Mary at (763) 520-0485

Multiple Sclerosis

	Tuesday/Thursday (Visits good for 6 months from date of purchase)		1:00 – 2:00PM	\$72 for 12 visits \$93 for 10 week session
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Any questions, please call Kaari at (763) 520-0385

Personal Training

	Aquatic Specialist	Arranged		\$40.00/ 30 min. \$70.00/ 60 min.
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Any questions, please call Derek at (763) 520-0484

Pre-Natal Splash

	Tuesdays/Thursdays (Visits good for 6 months from date of purchase)		6:00pm-7:00pm	\$84 for 12 Visits
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Any questions, please call Heidi at (763) 520-0687

Shiatsu

	Shiatsu Intake	Arranged	Arranged	\$70.00
	Tuesday/Thursday/Friday	Arranged	30 - 45minutes	\$40.00/ visit
	Tuesday/Thursday/Friday	Arranged	60 – 75 minutes	\$70.00/ visit

Any questions or to set up an appointment, please call Mary at (763) 520-0485

Stay Fit Extra (One-To-One Exercise)

	1:1 Aquatic Specialist	1 time/week, 30 min. 1 time/week, 45 min.	Arranged Arranged	\$210.00 for 10 weeks \$315.00 for 10 weeks
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For scheduling questions, please call Mary at (763) 520-0485

Stay Fit (One-To-One Exercise)

	1:1 Aquatic Specialist	1 time/week, 30 min. 1 time/week, 45 min.	Arranged Arranged	\$138.00 for 10 weeks \$207.00 for 10 weeks
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For scheduling questions, please call Mary at (763) 520-0485

Stroke Class

	Assisted: I need a Courage Volunteer... (Circle - yes or no); I have personal assistance (circle - yes or no)			
		M/W	10:00 - 11:00 AM	\$95 for 10 weeks
	Un-Assisted	T/TH	10:00 – 11:00 AM	\$95 for 10 weeks

Any questions, please call Heidi at (763)520-0687

Swim Club

	6 to 18 years (Must be able to swim 1 length)	Saturday	10:00-11:00 PM	\$84.00 for 10 weeks
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Watsu

	Watsu Intake	Arranged	Arranged	\$70.00
	M, T, W, TH, F	Arranged	30 minutes (Practitioner) 30 minutes (Trained Staff)	\$45.00/ visit \$35.00/visit
	M, T, W, TH, F	Arranged	45 minutes (Practitioner) 45 minutes (Trained Staff)	\$65.00/ visit \$45.00/visit
	M, T, W, TH, F	Arranged	60 minutes (Practitioner) 60 minutes (Trained Staff)	\$75.00/ visit \$55.00/visit

Any questions or to set up an appointment, please call Mary at (763) 520-0485 or Derek at (763) 520-0484

Whole Body Conditioning

	Monday/Wednesday		5:45-6:45 PM	\$93.00 for 10 weeks
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Any questions, please call Derek at (763) 520-0484