



*City of Milford, Connecticut*

-Founded 1639-

70 West River Street - Milford, CT 06460-3317

Tel 203-783-3280 Fax 203-783-3284

[www.ci.milford.ct.us](http://www.ci.milford.ct.us)

Recreation  
Department

**Milford Recreation Department  
2009 Hydro Aerobics Classes – Willie Samuel  
Session VII**

Hydro Aerobics classes are non-impact workouts that are designed to increase your muscle strength, endurance, flexibility, and improve your cardiac conditioning. These classes are also great for individuals with ailments such as arthritis or heart disease.

Aquatic exercise is a great alternative to regular aerobic and strength training classes, as the water provides support and minimizes joint irritation while providing resistance to your movements.

The 8-week **morning class**, taught by Willie Samuel, will be held on Monday, Wednesday, and Fridays at the McCann Natatorium (old Milford Academy) from **Monday, November 2, 2009 to Wednesday, December 30, 2009**. (No class on 11/11 or 12/25)

Mon/Wed/Fri      9:30 a.m. to 10:30 a.m.      November 2, 2009 to December 30, 2009.  
\$80.00 Residents / \$85 Non-Residents

**Monday, November 2, 2009 to Wednesday, December 30, 2009 – 24 Classes**

Your Receipt: Amount \_\_\_\_\_ Check # \_\_\_\_\_ Date \_\_\_\_\_ By \_\_\_\_\_

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_ Emergency Contact: \_\_\_\_\_

**Please Read & Sign Below**

By my signature, I do hereby assume all risks of personal injury involved in this activity. I do hereby release the City of Milford, the Recreation Department; it's instructors, and their agents of liability and suits at law or in equity from this activity.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

For Office Only

2009 Session VII -WS       Mon/Wed/Fri

Amount \_\_\_\_\_ Check # \_\_\_\_\_ Date \_\_\_\_\_ By \_\_\_\_\_