

Deep Water Exercise

What's Deep Water Exercise?

It's a full-body, zero-impact workout conducted in 7' of water. Participants use their bodies as well as specially designed equipment to progress through instructor-led routines.

Why join?

Like swimming, DWE is an activity that reduces stress, helps maintain a healthy weight, promotes cardiovascular fitness and can influence muscle tone. It's a great cross-training option. DWE is an excellent exercise routine that's easier on weight-bearing joints. It's also a good option for those who are recovering from injuries.

When are the workouts?

Monday through Friday 8:15-9:15am (*9-10am from mid-June to end-August*)

What age must you be to participate?

DWE is for all ages. The instructors can show you how to get the most out of your hour-long workout.

How do I join?

Please fill out the attached registration form and return it to the Aquatics Department.

Can I try one of the classes without committing for the year?

Yes! Contact the Aquatics Department before attending a session. Then join in for all or part of a day's session before deciding if you'd like to join the Program.

Non-Members Non-members may participate in some programs at the Club. The pools and locker room facilities may be used by the program participant only. Participants are expected to arrive shortly before, and depart shortly after, their scheduled program. Non-Members fees are paid by credit card (see authorization form). Non-members may not use other pools or club facilities outside of the program time. Alpine Hills thanks you for your cooperation.

Deep Water Exercise Registration Form

Name:		
Address:		
Member #:	Primary Phone:	Email:

Interests <i>(Please check all that apply)</i>		
<input type="checkbox"/> Cross Training	<input type="checkbox"/> Other Aqua-Fit, Aqua-Aerobic Classes	
<input type="checkbox"/> Injury Rehab	<input type="checkbox"/> Saturday Practice	
<input type="checkbox"/> Aqua-Fit Social Events	<input type="checkbox"/> Volunteer Group Coordinator	
<input type="checkbox"/> Private Instruction	<input type="checkbox"/> Other:	

Fees	
\$65	Monthly Member Fee. Charged to your Member Account at start of the month.
\$85	Monthly Non-Member Fee. Charged to provided Credit Card on 10th of the following month.
\$14	Daily Drop-In Fee for Members.
\$18	Daily Drop-In Fee for Non-Members.

Policies

- ❖ Member charges will appear on the monthly Alpine Hills statement.
- ❖ Non-Members pay by credit card; complete attached authorization form.
- ❖ Masters participants should register with US Masters Swimming (visit www.usms.org)
- ❖ Non-members may participate in some programs at the Club. The pools and locker room facilities may be used by the program participant only. Participants are expected to arrive shortly before, and depart shortly after, their scheduled program. Non-Members fees are paid by credit card (see authorization form). Non-members may not use other pools or club facilities outside of the program time. Alpine Hills thanks you for your cooperation.

Signature _____

Date _____



Non Member Registration & Credit Card Authorization

Official Use Only:

****Non-members are welcome to participate in *some* programs at Alpine Hills.

In order to participate, the club requires a Credit Card Authorization Form and Email Address on file.

Parent/Guardian Name(s):					
<input checked="" type="checkbox"/> Please Check: <input type="checkbox"/> USTA League <input type="checkbox"/> Adult Tennis Program <input type="checkbox"/> JR. Tennis Program <input type="checkbox"/> Tennis Private Lessons <input type="checkbox"/> Fitness Program <input type="checkbox"/> Personal Training <input type="checkbox"/> Aquatics Program <input type="checkbox"/> Swimming Private Lessons					
Address:			Email: **REQUIRED to receive e-mailed monthly statement**		
City:					
State/Zip:					
Primary Phone:			Cell Phone:		
Participant(s) Name:	Gender	Birth Date	Participant(s) Name:	Gender	Birth Date
Credit Card Authorization					
Credit Card Type: ___ MasterCard ___ Visa			Card Number:		
Cardholder Name:			Expiration Date:		
Complete Billing Address:			Card ID #: (3 digits located on back of Card)		
City:					
State/Zip:					

Policies: Non-member program participants are expected to arrive shortly before, and depart shortly after, the scheduled program. The pools and locker room facilities may be used by the swim participants only. For Private Lessons a 24hr notice is required for cancellations. No-shows and cancellations made with less than 24 hour notice will be charged.

Waiver: If the participant is a minor child, the undersigned represents that he or she is the legal guardian of said minor children. As the legal guardian of the above participant(s) I understand that any athletic activities have inherent risks and that these risks are part of the programs. Any and all injuries and costs associated with those injuries will be the sole responsibility of the student's guardian regardless of fault, and by signing below you agree to hold harmless Alpine Hills Tennis and Swimming Club, all teaching professionals and staff associated with our programs.

Dated: _____ Signature: _____ Print Name: _____

CREDIT CARD POLICIES & AUTHORIZATION:

Alpine Hills will send Electronic Statements to the email address provided on the 2nd day of the month. The Electronic Statements are for your information ONLY. All charges on your Electronic Statement are for participation in programs in the month prior. Alpine Hills will charge the 'Balance Due' amount from your Credit Card on or about the 10th day of the month.

By signing below I am authorizing Alpine Hills Tennis and Swimming Club to charge the total amount for all charges incurred, by any family member, to my credit card provided herein. I understand that to receive a monthly statement of these charges before my card is debited on or about the 10th day of the month, I must provide a current e-mail address. I agree that I will pay for the programs and/or activities in accordance with the issuing bank cardholder agreement.

Dated: _____ Signature: _____ Print Name: _____