

COSUMNES COMMUNITY SERVICES DISTRICT PARKS AND RECREATION DEPARTMENT



TR Winter/Spring Classes

*For individuals with disabilities ages 18+
Taught by CSD Staff*

\$8

Water Aerobics

Burn calories, tone muscles, and get some fresh air. Water offers more resistance than dry-land workouts, prevents the body from overheating, and is less demanding on joints.

Wackford Complex, Deep Pool

Wednesday

10:00-11:00 am

# 38194	1/4-1/25
# 38195	2/1-2/22
# 38196	3/7-3/28
# 38197	4/4-4/25
# 38198	5/2-5/30*

*No class 5/16

Dance for Fitness

Learn basic dance and fitness skills. Students will be encouraged to participate in both structured and free movement exercises

Wackford Complex, Ballroom

Wednesday

12:45-1:45 pm

# 38200	1/4-1/25
# 38201	2/1-2/22
# 38202	3/7-3/28
# 38203	4/4-4/25
# 38204	5/2-5/23

Open Gym

It doesn't matter if you're an old pro or a rookie, come play multiple sports while enjoying a non-competitive environment.

Wackford Complex, Gym

Friday

12:45-1:45 pm

# 38816	1/6-1/27
# 38817	2/3-2/24
# 38818	3/2-3/30*
# 38819	4/6-4/27
# 38820	5/4-5/25

*No class 3/16

Participants must be able to swim 25 yards unaccompanied and feel comfortable in deep water for the Deep Pool Water Aerobics classes.



Cosumnes CSD, 9014 Bruceville Rd., Elk Grove, CA 95758 • (916) 405-5600 • fax (916) 405-5659

Registration Form *(copies accepted)*

Receipt # _____

Init.

Responsible Adult _____ Phone (home) _____ (work) _____ (mobile) _____

Address _____ City _____ Zip _____

E-mail Address _____

PAYMENT TYPE: Cash Check Credit Card *(fill out information below)*

Credit Card: ___ VISA ___ MasterCard ___ Discover Card # _____

Name as it appears on card: _____ Expires (month/year) ____/____

Participant Name	Gender M/F	Birthdate (under 18)	Activity #	Activity Name	Dates	Fee



Cosumnes Recreation Opportunity Fund — Your contribution offers Elk Grove individuals in need, the opportunity to participate in recreation activities. Strengthen our community by the simple act of donating a dollar. — **OPTIONAL \$1.00**

Check if New Address Accommodations Needed

Total Fee

HOLD HARMLESS AGREEMENT

The Cosumnes Community Services District, their officers and employees, and any co-sponsor of this activity are not responsible for any injury which may be suffered by the participant while traveling to, during, or returning from the activity designated in this notice. The sponsoring agency has no medical insurance for individuals, and any injury to, or caused by, the participant will be the participant's sole and exclusive responsibility. Participant, or his/her guardian if actual participant is under 18, shall be solely and exclusively responsible for any property damage, personal or private, which the individual may cause during the course of an activity such as designated in this notice. Additionally, the participant, or parent or guardian if actual participant is under 18, acknowledges that the CSD reserves the right to photograph facilities, activities and program participants for potential future use for publicity or promotion purposed only. "By signing below, I acknowledge that I have read and understand this notice and, if I am signing on behalf of a participant under the age of 18, I attest that I am that participant's legal guardian."

No confirmation will be sent.

Receipts are available in all three offices.

Signature of Participant *(Parent/Guardian if under age 18)* _____

Date _____