



Effective: May 4, 2009

Water Aerobic Program Etiquette

Cosumnes CSD Standards of Behavior for Recreation Programs:

“For the enjoyment and safety of everyone, the CSD expects all participants to treat people and facilities with respect and abide by all rules and direction from CSD staff. The CSD reserves the right to refuse service to anyone for failure to abide by these standards.”

To allow our Instructors the opportunity and ability to conduct classes properly and to allow our participants the best opportunity to fulfill their personal health and fitness goals, please be considerate during class by:

- All classes have a maximum capacity of 25 participants
- Arrive to class on time; Check-in ends 10-minutes after class begins
- Participation requires that you wear a wristband issued by the front office
- Don't be late for classes; it is a distraction to everyone
- Please bring your own water noodle to all classes
- It is highly encouraged that you provide your own belt and barbells
- For the enjoyment of all, please pay attention to the instructors as they offer direction and instruction
- Keep extra noise and conversations to a minimum for all participant enjoyment

Instructors and staff appreciate your participation and hope that you enjoy the classes, instructors, fellow participants, and the facility!

The CSD provides a select number of aqua belts and barbells for classes on a first come first used basis.

Participants will need their own aqua noodle for classes.