

BREWSTER DAY CAMP

3570 Main Street • Brewster, MA 02631 • Tel: 508-896-6555 • Fax: 508-896-2044

Water Aerobics Information Sheet

Overview

A low-impact and high-intensity water aerobics class where no swimming skills are needed. This class is designed to improve flexibility, range of motion, strength, muscle tone, and cardiovascular endurance while using the resistance of the water to cushion the feet, knees, and back. Exercises are performed to lively, motivating music and are effective and easy to follow. Class takes place in our outdoor pool facilities, primarily in the 2' and 3' sections, though you may choose to participate in deeper water. This class is for **adults** and is appropriate for **all fitness levels**. All you need to bring is a towel!

Please arrive on campus wearing your bathing suit and mask. Please park in BDC parking lot @ 3570 Main Street and **check-in at the Camp Office**. You will be asked to wear your mask at all times on our campus, *unless you are fully vaccinated*. BDC has bathrooms and Porta-Potties available for your use, however, we do not have changing facilities available.

Schedule Options

Classes run from **12pm – 1pm on Tuesdays & Thursdays** through the summer. Classes may be purchased as a single class (**\$25**), two-classes (**\$20 per class**), or a class pack of 4 or more classes (**\$15 per class**). *Class pricing is based off of the number of classes purchased at time of enrollment.*

Enrollment Process

Water Aerobics Enrollment Form can be found on our website under **Programs – Extras**. Please email completed *Enrollment Forms* to the Camp Office team at info@brewsterdaycamp.com or give us a call at (888) 896-6555 for assistance.

Same Day Drop-Ins

Drop-ins are available for participants already enrolled at BDC. **Please give us a call prior to arriving on campus to inquire about space in the class.** Drop-ins will be sold as single classes.

Schedule Changes & Refund Policy

We are happy to adjust your schedule, free of charge, as late as **12pm on Friday** of the week before your class. *BDC does not offer refunds, credits, or schedule changes for missed classes, unless otherwise stated.*

Inclement Weather

Should a class be cancelled due to inclement weather, *BDC will alert all participants via email, as well as on social media and our website (Instagram, Facebook, etc.)*

We will do our best to reschedule the cancelled class. We will honor your class credits to participate in rescheduled class or another class, *space permitting*.

Winter Office • tel 888-396-CAMP (2267) • fax 508-896-2044

www.brewsterdaycamp.com • info@brewsterdaycamp.com

