



YWCA ST. THOMAS - ELGIN

Aqua Fitness for Adults Program Guide 2020

We are excited to be able to offer Aqua Fitness for adults to help support your health and fitness goals by working out in the water.

Please refer to the [Program Schedule](#) for program information, dates, times and locations.

Registrations & Withdrawals:

Registrations are accepted by the YWCA during regular business hours at:

Aylmer Community Services, 25 Centre Street Aylmer (519) 765-2082 or
YWCA St. Thomas Elgin, 16 Mary Street West St. Thomas (519-631-9800)

Please consult with a physician before undertaking any physical exercise program including Aqua Fitness. Please review your registration information each time you are completing the registration process to ensure we have up to date and/or accurate information. Registration must be completed in advance of attending classes. Upon registration and payment, participants will receive a punch card and are required to bring this card with them to each class. The instructor will punch your card each time you attend. Participants who do not bring a card will be unable to participate in the class.

Please register early to avoid disappointment as classes may not be available for last minute registration. If the class day and time that you wish to attend is full, please consider registering for an alternative class time or **join the wait list**. We will try our best to accommodate wait lists where possible. Please note that people on wait lists will only be contacted in the event that a space or class becomes available. **Classes will only run based on sufficient registration. Participants may be required to move to an alternative day or time.**

Refunds will not be issued after the session begins, for classes cancelled due to inclement weather or due to facility closures. Refunds will be provided when a Doctor's note is submitted, minus classes attended and a \$10 administration fee. All refund requests must be made at office locations in Aylmer or St. Thomas and includes completion of a program refund form and submission of valid punch card. Refunds are not issued on the same day as the request. Refunds will only be given up to 2 weeks after the purchase of the punch card and/or when a Doctor's note is submitted minus classes attended and a \$10 administration fee. If registration numbers are low and classes are cancelled as a result, the YWCA will refund all participants less the classes they attended.

Waiver and PAR-Q forms

All participants will be required to sign a Waiver Form and PAR-Q form prior to attending any classes. A PAR-Q form assists the instructor in identifying anyone with health concerns. The instructor reserves the right to require the participant to receive a doctor's note prior to attending any scheduled class. Participants must be upfront with all health concerns to ensure their safety and wellness while participating in the program. Participants will not be able to participate until forms are signed.

Attending Programs:

Program Instructors look forward to welcoming you to Aqua Fitness! Instructors have First Aid and CPR certification and contribute additional expertise gained through other relevant certifications and professional roles.

Please bring your punch card and provide to your instructor upon arrival. Swimming attire must be worn to class. Aqua socks are also recommended but are not a requirement for class. Please shower using warm water and soap both before and after entering the pool and rinse off completely. Moisturizing with lotion afterwards can help to prevent dryness. Remember to bring a water bottle, a towel...and your positive enthusiasm!

Facilities:

YWCA Aqua Fitness Programs are delivered at Terrace Lodge in Aylmer. We expect and appreciate your cooperation in respecting facilities, staying within designated areas at all times and leaving shared spaces in the same or better condition as when you arrive. Please note that a facility access code is required to enter the building and designated areas leading to the pool. Please make note of this specific information upon registration. Please ensure that doors close behind you as you enter and exit areas. Please do not bring valuables with you to program. We can not be responsible for lost or stolen items.

Closures & Cancellations:

Delays, closures and/or cancellations may occur. Notice may be minimal in unexpected situations including but not limited to inclement weather or facility closure. In the case where the YWCA must cancel a class, the following will occur:

1. In the case of inclement weather, please note that if Aylmer school busses are cancelled then the program is closed for the day unless otherwise notified.
2. Listen to CKOT 101.3 fm or Country 1510 am (Tillsonburg) for cancellations. If in doubt please contact Aylmer Community Services at 519-765-2082.
3. Advance notice will be posted whenever possible at the facility and on the YWCA website and/or Facebook page.
4. We will also make every attempt to contact all participants based on contact information provided at the time of registration.
5. **Refunds are not issued for class cancellations due to inclement weather or facility closures.**

Feedback:

Your input and feedback is important to us. Please speak with your Program Instructor or [contact us](#) if you wish to discuss any aspect of programming. Program surveys are distributed at each program. We appreciate your time in providing your written feedback anonymously to help enhance program responsiveness and quality.