

Albany Golf and Event Center

Swim Lesson Sign-up form

This form is to be filled out and given to the office along with payment for the session.

Child's Name: _____ Age: _____
Level (circle): Pre 1, Pre 2, Pre 3, Level 1, Level 2, Level 3, Level 4, Parent/Tot,
Private/Semi-Private
Session: 1, 2, 3, 4, 5

Child's Name: _____ Age: _____
Level (circle): Pre 1, Pre 2, Pre 3, Level 1, Level 2, Level 3, Level 4, Parent/Tot,
Private/Semi-Private
Session: 1, 2, 3, 4, 5

Child's Name: _____ Age: _____
Level (circle): Pre 1, Pre 2, Pre 3, Level 1, Level 2, Level 3, Level 4, Parent/Tot,
Private/Semi-Private
Session: 1, 2, 3, 4, 5

Member Name: _____ Member # _____

Parent Name: _____ Phone # _____

Billing Options:

- Cash
- Credit Card
- Check

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Water Aerobics Sign-ups

Another new addition this year will be water aerobics!! We are so excited to be able to offer it this year. This class is for adults who have arthritis or knee, back, or joint issues.

Water aerobics is a great way to improve your health. You will put less pressure on those aching joints. It can help your joints move better and hurt less.

Classes are typically 55 minutes long and include a warmup, an exercise period, and a cool down.

Cost:\$ 24/session

Sessions: 4 weeks each on Wednesday or Saturday

Session 1:6/21-7/12 or 6/24-7/15

Session 2:7/26-8/16 or 7/29-8/19

Name: _____ Memeber #: _____

Session (circle): 1 or 2

Phone #: _____

Billing Options:

- Cash
- Credit Card
- Check