

**BOLD Community Pool  
Deep Water Aquatic Exercise (Special Event)  
Ages 15 – Adult**

**Hop into the deep end of Fitness! This class uses a variety of exercises, from cardio to strength work, all while in the deep water. With the use of an aqua-jogger belt, your arms and legs are free to work against the water's natural resistance.**

**Overview of Class:**

Fitness with low-intensity water workout on major muscle groups with no impact to the lower body. Participants must be able to:

- Participants must be self-sufficient in the water.

**Equipment:**

- Jogger/Aqua Belt will be provided to all participants.
- Resistance and Buoyancy Equipment will be provided to all participants.

**Attire and what to bring:**

- Come to class dressed and ready for the pool
- Proper swim attire is required (Swim suit), no shorts or street clothes
- Towel, water bottle (not glass) with water.

**Dates and Times:**

Monday, November 29<sup>th</sup>, Wednesday, December 1<sup>st</sup>, Monday, December 6<sup>th</sup> and Wednesday, December 8<sup>th</sup> from 6:00-7:00 pm. Limited to 8 Students!!

If there is a weather event a makeup date will be added.

**Payment and Registration is needed to reserve your spot.**

Fee is \$30.00 Questions you can email [tracey.johnson@bold.k12.mn.us](mailto:tracey.johnson@bold.k12.mn.us) or 320-523-1031 Ext 3152  
Registration Deadline November 22nd, 2021

BOLD Community Pool  
Deep Water Exercise

Name \_\_\_\_\_

Cell Phone Number \_\_\_\_\_

Email Address \_\_\_\_\_

Mail Registration Form and Fee to: BOLD Community POOL  
Tracey Johnson, Pool Coordinator  
701 South 9<sup>th</sup> Street  
Olivia, MN 56277