

Clear Lake Forest Summer Water Aerobics 2017

Start your day off with an hour of fitness, fun, and fellowship with good friends in the early morning air and sunshine !!



Water aerobics classes at the Clear Lake Forest pool during the months of **June and July and August. Tuesday, Wednesday, and Thursday mornings at 7:00 a.m.**

Taught by certified instructor: **Marla Garcia**

Beginning Tuesday, June 6th and running through Thursday, August 3rd.

9 weeks (27 classes)

Pay for the entire session in one payment - \$100.00 (\$3.70 per class)

Pay for an estimated # of classes or by the class - \$5.00 per class

To register: Fill out attached form and send to:

Marla Garcia

4805 Elm St.

Seabrook, TX 77586

(Please make checks payable to **Marla Garcia**)

NAME: _____

ADDRESS: _____

PHONE # _____ **EMAIL** _____

Check one:

FULL SESSION (27 classes) \$100.00 _____

PARTIAL SESSION (\$5.00 per class) _____ (**#of classes**)

\$_____ (amount enclosed)

Questions/concerns: email - mmgarcia@ccisd.net

phone # - (281) 639-2332 cell; (281) 474-5782 home

**** Suggested supplies for class:**

*webbed gloves for added water resistance

*foam barbells *(available at Leslie's Pool Supply or
online: www.hydrofit.com)

Large (approximately 4-5" diameter) "noodle"