



“Come for the exercises...stay for the friendships”

Sun City West residents are welcome to attend 3 times as a guest!

Membership is \$27 first year ** \$25 renewal

We offer full body water aerobic exercises designed by a licensed physical therapist who is available for consultation with membership

Our focus is on:

***Low impact *Coordination *Core strength**

***Flexibility *Stamina *Balance**

All mobility and fitness levels are welcome!

MONDAY, WEDNESDAY AND SATURDAY

BEARDSLEY POOL

9 am - 10 am

**Questions? Come to a class to try us out for free OR
Contact Club President Debbie Etheridge 828.773.9186**

Email: scwaquacizers @gmail.com

Aquacizers New Membership Form

To join, write check payable to *Aquacizers*

New member dues \$27

Club meets Monday, Wednesday, and Saturday from 9-10am at Beardsley Pool

Name: _____

Rec card #: _____

Local Address: _____

Phone Number: _____

Email Address: _____

Ok to share address, phone number, and email with other club members?

Yes _____ **No** _____