REGISTRATION FORM

A La Carte (Seasonal Class Options)
4, 6, 8 & 12 week class options ~ May - July 2019

**Basic Strokes**  
Wednesday 6:00p-6:50p  
- **Member:** $104  
- **Non-Member:** $144

**8 weeks May 15-July 3**
Basic Strokes is ideal for adults who are in the process of learning to swim. This small group class (minimum of 4; maximum of 9 participants) gives individualized attention and creates community via learning proper stroke technique and slowly building stamina to swim continuously. Ideal candidates should be comfortable in the water, not brand new to swimming, and be able to swim half-length of the pool. This class will increase your movement mechanics for more efficient swimming.

**MELT for Chronic Pain Relief**  
Thursday 6:00-6:55p  
- **Member:** $48  
- **Non-Member:** $68

**4 weeks May 9-May 30**
Erase pain and tension in your hands, feet, neck, and low back brought on by everyday stress, overuse, and age. This simple self-treatment can make your whole body feel better and provide relief from neck and low back pain, arthritis, bunions, plantar fasciitis, peripheral neuropathy, and carpal tunnel syndrome.

**MELT for Chronic Pain Relief**  
Wednesday 12p-12:55p  
- **Member:** $48  
- **Non-Member:** $68

**4 weeks June 12th-July 3rd**
Erase pain and tension in your hands, feet, neck, and low back brought on by everyday stress, overuse, and age. This simple self-treatment can make your whole body feel better and provide relief from neck and low back pain, arthritis, bunions, plantar fasciitis, peripheral neuropathy, and carpal tunnel syndrome.

**Tai Chi for Arthritis & Fall Prevention**  
Wed 1:15p-1:45p  
- **Member:** $48  
- **Non-Member:** $96

**8 weeks May 15-July 3**
The Tai Chi for Arthritis is based on Sun Style - one of the 5 major tai chi styles. It has unique qigong and a higher stance so it's easier to learn. Sun style tai chi is beneficial and suitable to almost anyone. It is exciting and fun going through many layers of depth. There are many benefits of tai chi including increased flexibility, muscle strength, and fitness, less stress, more relaxation, integration of mind, body, and spirit, better posture, and just about all aspects of health. Start your practice with us today.

Name: ______________________________________________________________
Address: ____________________________________________________________
City: _____________________ State: _______________ Zip: __________________
Cell Phone: __________________________  Home Phone: __________________
E-mail Address: ______________________________________________________

☐ I have read and agree with the policies of Good Samaritan Health & Wellness Center.
☐ I have been offered a Par-Q by the Front Desk Associate and understand that any findings are for my own personal use.