



COOL WATER WORKOUT REGISTRATION FORM



Hate working out because you detest getting all hot and sticky? No sweat! Enjoy the benefits of aquatic exercise and therapy with a "wet belt" that keeps you afloat while you run, walk, twist or bend in the water.

Developed by Dr Joe Manjone and Assistant Fitness Programme Director, Pat Mirandy, at NASA's Marshall Space Flight Centre, this unique training technique allows your body to exercise in a zero-impact environment without even having to know how to swim.

The workout will enhance your cardiovascular condition, muscular strength, endurance and flexibility. It is highly recommended for those who suffer from osteoporosis and degenerative muscular diseases as the exercises in the water will be performed with zero impact on the joints. Now you can walk, run and dance like an astronaut in space!

DAY	TIME	PLEASE TICK APPROPRIATE BOX
MONDAY	8.30AM – 9.30AM	
TUESDAY	7.00PM – 8.00PM	
THURSDAY	8.30AM – 9.30AM	
	7.00PM – 8.00PM	

INFORMATION

- Minimum age requirement: 16 yrs old & above.
- First-time participants must commit for **at least 2 months**.
- Personal "WET BELT" at a cost of **\$78** must be purchased.

MONTHLY CHARGES			
Member	Charges	7% GST	Total
Once a week	\$33.00	\$2.31	\$35.31
Twice a week	\$60.50	\$4.24	\$64.74
Guest	Charges	7% GST	Total
Once a week	\$43.00	\$3.01	\$46.01
Twice a week	\$70.50	\$4.94	\$75.44

Member's Name: _____ M'ship No.: _____

Guest's Name (If any): _____

Address : _____ S()

Tel: _____ (H) _____ (O) _____ (HP)

Email: _____

Note: ● For further enquiries, please contact Julia @ 6398 5352 or julia_kong@sgcc.com.sg. ● Please submit this form to the Sports & Recreation Department or fax it to 6398 5355. ● No lessons on Public Holidays. ● Members must inform the Sports & Recreation Department if they wish to make any changes for lessons, such as increasing frequency from once a week to twice a week on which day and when. ● Please be informed that a **one-month termination notice** to the Sports & Recreation Department is required in writing if you wish to discontinue the Cool Water Workout lessons. Otherwise, the fees will continue to be charged to your account.

I / My guest* would like to register for the Cool Water Workout class(es). Please debit my account accordingly.
*Please delete whichever is applicable.

Member's Signature : _____ Date : _____

COOL WATER WORKOUT **INFORMATION**

Cool Water Workout was created for all levels of fitness. With the aid of a specialized belt, the body is suspended in the water, preferably without the feet touching the bottom of the pool. The device worn for this fitness technique permits a variety of movements in the water without impact on the musculoskeletal system. Therefore, exercising in the water is unlike any other workout because it creates a ZERO IMPACT environment. Other features includes:

WATER WALKING: NO SWIM SKILLS REQUIRED

Water walking and running movements are simple to learn and require no swims skills, making cool water workouts accessible to just about anyone.

USAGE OF 'WET BELT'

A wet belt assists in maintaining effective body alignment along with keeping the head comfortably above the surface of the water.

LIQUID ASSETS: INJURY PREVENTION

Water exercise demands the continual use of the abdominal and back muscles as well as the arms and legs in order to maintain erect body alignment and balance. This strengthening of the core abdominal and back can assist in managing and preventing back pain.

FEELING GOOD: FITNESS FOR A LIFETIME

Previously self-conscious participants find tremendous comfort in being totally submerged from the neck down so no one can see their body during the workout.