

WELCOME TO THE EMMAUS AQUATIC CLUB

Since you have chosen to participate in our Aquatic Exercise Program, there are a few things that we ask of you:

1. Personal Information Forms (PIF): You will be given an information sheet to fill out. Please return the completed form to the Exercise Instructor or to the EMAC Office before you next class. This information will be kept confidential.

2. Doctor's Release: We ask that you contact your physician and have him/her write a note saying that it is OK for you to participate in the exercise classes. This note will be attached to your PIF and updated every year.

3. Rate Of Perceived Exertion: You will work at your own pace, but we do have guidelines that we try to follow. Please talk with one of the instructors about monitoring your heart rate and exercise intensity during class. Again, work at your individual pace! Remember that some of the medication you take can affect your heart rate during exercise.

4. Sign In Upon Arrival At EMAC: If you are taking class, you will need to sign your name on the exercise list found on the lobby desk. The first time you come to class, sign your name and put a check mark in the appropriate column next to your name. We ask that you again sign your name on the pool sign in sheet which is located next to the exercise sheet during the summer season (Bubble Down) and in the pool area on the desk to the left of the revolving door during the Bubble Up season. We use these numbers to track our membership participation.

5. Foot Covering (Aqua Shoes): If you are participating in shallow water or a combination class, we ask that you wear some type of aqua shoes. This will protect your feet from the pool's rough bottom areas, help you maintain traction, and aid in enhancing your moves. It will also offer some warmth when traveling to and from the locker rooms. If you choose to wear tennis shoes, please make sure they are washed and clean!

6. Water Bottles/Sunscreen/Hat/Sunglasses: Bring your filled water bottles to the poolside and feel free to drink whenever you desire. Remember, it is important to replace fluid lost through exercise. Sunscreen, a hat, and sunglasses are highly recommended for the summer season (Bubble Down).

7. Cover-ups Or Sweatshirts: It may be chilly traveling to and from the locker rooms; you may want to consider wearing something other than a towel to help retain warmth. You will be chilly when you get out of the water, so think ahead. Your body cools down faster in the water than on land.

8. Please Be On Time: Summer (Bubble Down) classes begin at 9:00 am and 6:00 pm. Saturday classes begin at 11:00 am. Bubble Up classes begin at 9:15 am and 10:30 am. Saturday classes begin at 9:00 am.

9. Inclement Weather: Safety is our first priority. Classes will be cancelled if there is thunder, lightning, or a driving rain during the summer season (Bubble Down). Classes will be held if it is drizzling or raining lightly. During the Bubble Up season, classes will be cancelled if there is thunder, lightning, or inclement weather. If there is thunder or lightning, you will not be allowed on the pool deck. Our suggestion is to call the pool phone (610 965-6603) **BEFORE** you leave your home if you are unsure if class will be held. We apologize for any inconvenience this may cause.

10. The most important request of all.....**HAVE FUN!!!**

