

NEW YORK CHIROPRACTIC COLLEGE
DEPARTMENT OF HEALTH & FITNESS EDUCATION
2360 STATE ROUTE 89, SENECA FALLS, NY 13148
PROGRAM REGISTRATION FORM

NAME: _____ PROGRAM: _____

NYCC CAMPUS ADDRESS: **MAILBOX #** _____ DAY AND TIME OF PROGRAM: _____

ADDRESS: _____ AGE: (Required for anyone under 18 yrs. of age) _____

TELEPHONE: DAY _____ EVENING _____

E-MAIL ADDRESS: _____ CHECK IF YOU WOULD LIKE TO RECEIVE E-MAIL NOTICES

MEMBERSHIP STATUS: (Circle one) NYCC STUDENT NYCC STUDENT SPOUSE NYCC STUDENT DEPENDENT

ADULT MEMBER SILVER SNEAKERS MEMBER YOUTH MEMBER ADULT NON-MEMBER YOUTH NON-MEMBER

MEDICAL INSURANCE CARRIER _____ NAME OF INSURED _____

EMERGENCY CONTACT _____ TELEPHONE _____

PARENT/GUARDIAN INFORMATION: PARENT/GUARDIAN NAME _____

(Mandatory for anyone under the age of 18)

ADDRESS _____

TELEPHONE _____

The named applicant to participate in the above mentioned program is registering with the understanding that certain activities require a minimum level of fitness and health (physical, mental and emotional) and each person has a different capacity for participating in these activities.

The above named participant warrants being physically fit to participate and understands the choice to participate brings with it the assumption of those risks and results which are part of their participation.

They furthermore waive and release the New York Chiropractic College and their staff from any and all liability for injuries which may occur while participating in the above program and will hold the New York Chiropractic College and its staff harmless for any and all medical expenses incurred.

NON-MEMBER ATHLETIC CENTER UTILIZATION PRIVILEGES

The NYCC Department of Health & Fitness Education is pleased to continue to provide the opportunity for the above named individual to participate in the instructional program listed above.

In doing so, there are a few Athletic Center facility rules which need to be adhered to:

The participant will be required to present their valid program pass to the front reception desk upon entering the facility for each scheduled class. Passes will be distributed at your first class.

The named program participant is eligible to participate in only the program they have registered for on the given dates, times and location of the program.

Athletic Center privileges will not be extended to any other person other than the registered participant.

Children are not permitted into classes that they are not registered for.

Use of the Athletic Center is a privilege. Acceptable conduct must be observed at all times. Anyone violating policies, misusing equipment or engaging in inappropriate behavior, including verbal and physical abuse of employees and patrons is subject to immediate removal and loss of privileges. No refunds will be granted.

I have read and understand the above Athletic Center facility rules concerning my participation in the above named program.

SIGNATURE _____

DATE _____



**NEW YORK CHIROPRACTIC COLLEGE
DEPARTMENT OF HEALTH & FITNESS EDUCATION**

ATHLETIC CENTER PROGRAM BROCHURE

JANUARY – APRIL 2012

AQUATIC CLASSES - 14 WEEK SESSIONS

Daytime Aquacise 11:15 am – 12 noon
Monday/Wednesday OR Monday/Wednesday/Friday
Deadline to register: December 31, 2011
FEE: Monday/Wednesday NYCC Student – \$28
Member – \$48
Jan. 4 – April 16, 2012 Non-member – \$70

Monday/Wednesday/Friday NYCC Student – \$32
Jan. 4 – April 16, 2012 Member – \$63
Non-member – \$84

NO CLASSES JANUARY 16, FEBRUARY 20 OR MARCH 16, 2012

Daytime Water Walking 9:00 am—9:45 am
Monday/Wednesday OR Monday/Wednesday/Friday
Deadline to register: December 31, 2011
FEE: Monday/Wednesday NYCC Student – \$28
Member – \$48
Jan. 4 – April 16, 2012 Non-member – \$70

Monday/Wednesday/Friday NYCC Student – \$32
Jan. 4 – April 16, 2012 Member – \$63
Non-member – \$84

NO CLASSES JANUARY 16, FEBRUARY 20 OR MARCH 16, 2012

Rusty Hinges Silver Sneakers® 9:30 am – 10:15 am
Splash Class Tuesday/Thursday
January 5 – April 10, 2012
Deadline to register: December 31, 2011
FEE: Silver Sneakers® Members –FREE
NYCC Student – \$28
Member – \$48
Non-member – \$70

Evening Water Walking 6:00 pm – 6:45 pm
Tuesday/Thursday Jan. 5 – April 10, 2012
Deadline to register: December 31, 2012
FEE: NYCC Student – \$28
Member – \$48
Non-member – \$70

Evening Aquacise 6:30 pm – 7:15 pm
Monday/Wednesday Jan. 4 – April 16, 2012
Deadline to register: December 31, 2011
FEE: NYCC Student – \$28
Member – \$48
Non-member – \$70

NO CLASSES JANUARY 16 OR FEBRUARY 20, 2012

Evening Aquacise 6:45 pm – 7:30 pm
Tuesday/Thursday Jan. 5 – April 10, 2012
Deadline to register: December 31, 2011
FEE: NYCC Student – \$28
Member – \$48
Non-member – \$70

Aqua Zumba® 12 WEEK SESSION 7:30 pm – 8:30 pm
Monday/Wednesday Jan. 18 – April 11, 2012
Deadline to register: January 13, 2012
FEE: NYCC Student – \$28
Member – \$48
Non-member – \$70
NO CLASSES FEBRUARY 20, 2012

8 WEEK SESSIONS

Saturday Morning Red Cross Infant Aquatics
6 – 36 months 9:15 am – 9:45 am
January 21 – March 10, 2012
Deadline to register: January 13, 2012
FEE: NYCC Student – \$15
Member – \$29
Non-member – \$45

Saturday Morning Red Cross Progressive Aquatics
January 21 – March 10, 2012
Level 5 & 6 meet from 9:15 am – 10:00 am
Level 1 & 3 meet from 10:00 am – 10:30 am
Level 2 & 4 meet from 10:45 am – 11:15 am
Deadline to register: January 13, 2012
FEE: NYCC Student – \$15
Member – \$29
Non-member – \$45

FITNESS CLASSES- 14 WEEK SESSIONS

Silver Sneakers® Fitness Classes
Muscular Strength (Level I) Monday/Thursday
8:30 am – 9:15 am
Cardio Circuit (Level II) Monday/Thursday
11:00 am – 11:45 am
January 5 – April 16, 2012
Deadline to register: December 31, 2011
FEE: Silver Sneakers® Members –FREE
NYCC Student – \$28
Member – \$48
Non-member – \$70

NO CLASSES JANUARY 16 OR FEBRUARY 20, 2012

10 WEEK SESSIONS

Strength Training for the Ladies 6:15 pm—7:15 pm
Monday/Wednesday Jan. 18 – March 28, 2012
Deadline to register: January 13, 2012
FEE: NYCC Student—\$20
Member—\$34
Non-member—\$55
NO CLASSES FEBRUARY 20, 2012

Latin Dance Aerobics – Level 1 6:15 pm—7:15 pm
Tuesday Jan. 17 – March 20, 2012
Deadline to register: January 13, 2012
FEE: NYCC Student—\$20
Member—\$34
Non-member—\$55

Latin Dance Aerobics – Level 2 6:15 pm—7:15 pm
Thursday Jan. 19 – March 22, 2012
Deadline to register: January 13, 2012
FEE: NYCC Student—\$20
Member—\$34
Non-member—\$55

Boot Camp 6:15 am – 7:15 am
Mon./Wed./Fri. Jan. 18 – March 30, 2012
Deadline to register: January 13, 2012
FEE: NYCC Student—\$20
Member—\$45
Non-member—\$70

NO CLASSES FEBRUARY 20 OR MARCH 16, 2012

INSTRUCTIONAL PROGRAMS – 14 WEEK SESSIONS

Silver Sneakers® Yoga Stretch 10:00 am—10:45 am
Monday/Wednesday Jan. 4 – April 16, 2012
Deadline to register: December 31, 2011
FEE: Silver Sneakers Members—FREE
NYCC Student—\$26
Member—\$58
Non-member—\$93
NO CLASSES JANUARY 16 OR FEBRUARY 20, 2012

10 WEEK SESSIONS

Hatha Yoga 7:15 pm—8:15 pm
Tuesday Jan. 17 – March 20, 2012
Deadline to register: January 13, 2012
FEE: NYCC Student—\$20
Member—\$55
Non-member—\$80

Yoga to Go 12:15 pm – 1:00 pm
Thursday Jan. 19 – March 22, 2012
Deadline to register: January 13, 2012
FEE: NYCC Student—\$20
Member—\$55
Non-member—\$80

Yoga Flow 7:15 pm – 8:15 pm
Thursday Jan. 19 – March 22, 2012
Deadline to register: January 13, 2012
FEE: NYCC Student—\$20
Member—\$55
Non-member—\$80

PLEASE NOTE

CLASS REGISTRATION REFUND POLICY

Anyone requesting to withdraw from an NYCC Health & Fitness Education instructional class will be required to contact the Athletic Center Office, Room 102 in the Athletic Center.

All refunds will be pro-rated less a \$5.00 processing fee.

No refunds will be issued after the third week of classes takes place.

After such time all registration fees paid will be forfeited.

**PROGRAM PAYMENT INFORMATION:
CHECKS PAYABLE TO NYCC
MAIL PAYMENT AND REGISTRATION TO:
NEW YORK CHIROPRACTIC COLLEGE
ATHLETIC CENTER
P.O. BOX 800
SENECA FALLS, NY 13148**

For more information on any of these programs contact
The New York Chiropractic College
Athletic Center Offices at
(315)568-3254 OR (315)568-3255
weekdays between 8:30 am and 4:30 pm