

Benson Class Registration Guidelines

HEALTH & FITNESS

Aquatics Classes

- Participants can only register for 1 aquatics class during registration.
 - Classes are held on Mon. & Wed. **or** Tue. & Thu.
 - Participants signed up for more than one aquatics class will be withdrawn at Coordinator's discretion
- Participants will not be allowed to enter class after the warm-up exercises are complete.
- Participants that are new to water aerobics are required to register for an introductory course before registering for advanced courses.
- Introductory courses – Arthritis (Basic), Water Fitness I, Water Walking

Land Fitness Classes

- Proper attire is required:
 - Comfortable clothing that allows for ample arm and leg movement. No short-shorts or see-through garments.
 - Athletic, closed toe shoes with rubber soles.
 - For Yoga, participants may go bare footed or wear specifically designed yoga socks with floor grips.
 - Please do not wear strong perfumes.
- There are 3 Circuit Training Classes with a limited number of participants: Mon & Wed @ 11, Tue & Thu @ 10, and Tue & Thu @ 11. **Please register for only 1 session** however participation is required both days of the week.
 - Participants signed up for more than one Circuit Training Class will be withdrawn at Coordinator's discretion

LIFE ENRICHMENT

ART CLASSES

- Participants are not allowed to register for more than two (2) art classes within the same quarter (painting, drawing, and fiber/silk dye and craft classes).
 - Participants signed up for more than two art classes will be withdrawn at Coordinator's discretion.
- Participants can only sign up for 1 session of a class that offers two sessions within the same quarter. However, if there is space available in the later session participants will be able to register for that class at the discretion of the instructor.
 - Participants signed up for more than 1 session will be withdrawn at Coordinator's discretion.
- Participants may only sign up for one level of a class per quarter (for ex.: you may sign up for only one level of - Beginner/Intermediate/Advanced courses per quarter.)
 - Participants signed up for more than one level will be withdrawn at Coordinator's discretion.
- Participants who want to advance to the next level of class should at least have taken one quarter of the beginner course.
 - Participants who have not satisfied a beginner course will be withdrawn at Coordinator's discretion.