



AQUA AEROBICS  
2010 SCHEDULE

January 4 – February 26  
8 week winter session

March 8 – April 30  
8 week spring session

May 10 – July 2  
8 week session  
(No class Monday, May 31 Memorial Day –  
make up day on Monday, July 5.)

July 12 - August 20  
6 week session

August 30 – October 22  
8 week session  
(No class Monday September 6 Labor Day –  
Make up day on Monday, October 25.)

November 1 – December 17  
7 week session  
(No class Thursday Nov 25 – make up on  
Tuesday, December 21)



McKenzie Health & Wellness Center  
**AQUA AEROBICS PROGRAM**  
**GENERAL INFORMATION**

*NOTE: You must be 18 year of age or older to participate in this program.*

**PLACE:** McKenzie Health & Wellness Center, 170 Argyle Street, Sandusky, MI

**COST:** 6 weeks: 1 time/week = \$25.00    2 times/week = \$50.00    3 times/week = \$75.00  
7 weeks: 1 time/week = \$28.00    2 times/week = \$56.00    3 times/week = \$84.00  
8 weeks: 1 time/week = \$32.00    2 times/week = \$64.00    3 times/week = \$96.00

**Pre-payment required by the Friday two weeks prior to the beginning of the new session.**

**INSTRUCTORS AND CLASS DAYS AND TIMES:**

- Kathleen Chandler – T & TH 8:30am-9:30am; 9:30am-10:30am
- Marianne McEachern – T & TH 11am-12 Noon; 12 Noon – 1 p.m.
- Jenny Bittner- T & TH 1:30 – 2:30pm
- Kristie Cedzynski – M & W 5-6 pm & 6-7 pm; T , TH & F 5:30-6:30 pm
- Wendy McBride – M, W & F 6-7am; 7-8am

Times are subject to change. Please contact Heather @ 648-6170 for additional information.

**MATERIALS NEEDED:**

Towel, bathing suit or shorts & T-shirt (no jean cut-offs allowed). Swim shoes recommended.  
*Check with your instructor for special equipment needs such as hand weights or a fun noodle.*

**CLASS DURATION & SIZE:** Instructional time is 45 minutes. Class size limited to nine participants (**must have a minimum of six participants to hold class**).

**MAKE-UP TIMES:** Should the class be cancelled by the instructor or due to inclement weather, it will be made up at the end of the current session. ***Please listen to Sandusky radio station WMIC 660 AM or WTGV 97.7 FM for cancellations.*** Typically, when Sandusky schools are cancelled, aqua aerobic classes are cancelled. In the winter time, there may be times that the morning classes are cancelled due to inclement weather, but the afternoon classes could still be held as conditions can be much more favorable in the afternoon, or it could happen that the morning classes are held but the later classes are cancelled. This information will be placed on the radio.

**CONTACT FOR REGISTRATION:** (810) 648-6170. (*Please do not call this number for class cancellations. Listen to Sandusky radio station WMIC 660 AM or WTGV 97.7 FM for class cancellations.*)

**PAYMENT:** ***Payment is required on the Friday two weeks prior to class starting.*** You can make your payment by stopping in at McKenzie Memorial Hospital's Business Office. You may also pay by check (no cash) at the Health & Wellness Center or mail to:

**McKenzie Memorial Hospital**  
**Attn: Community Wellness**  
120 Delaware, Sandusky, MI 48471.

Please make check payable to: **McKenzie Memorial Hospital.**