



Wellness Center

134 Shenot Road, Wexford, PA 15090

Phone: 724-935-5470 Fax: 724-935-0056

www.MyWoodlands.org

Pre-registration period is from **February 13 - February 17** for all current participants.

Open registration to the public begins **February 18.**

Registration will not be accepted at the pool by Instructors or Lifeguards.

Before participating in any classes, you must complete the registration process.

To register:

- Complete this form
- Complete a 2012 Consent & Release Form
- **Payment is due at time of registration**

All forms can be found online at www.MyWoodlands.org.

See staff for details or questions.

Possible class names:

Aquatic Programs:

Aqua Stars
 Parent & Child
 PS Level 1 – Green
 PS Level 2 – Yellow
 PS Level 3 – Brown
 Level 2 – Purple
 Level 3 – Orange
 Private Lessons
 Open Swim
 Arthritis Stretch
 Endurance & Strength
 Deep Water Arthritis
 H2O Fitness
 DIY Time
 Lap Swim
 Silver Splash

Land-Based Fitness:

Open Fitness
 Open Gym
 Individualized Fitness Plan
 Flex Pass
 Woodlands Sports Club
 Zumba
 SilverSneakers Muscular Strength & Range of Motion
 Zumba Gold
 SilverSneakers YogaStretch
 SilverSneakers Cardio Fit
 Yoga
 Fitness Challenge

Rotation #2: February 27 – April 21

Participant's Name	Primary Diagnosis	Class Name	Specify Day(s)	Time	Fee
1.					
2.					
Payment Method (circle one) Cash Check VISA MasterCard					Payment by *Check, Waiver or Credit Card may be sent to: The Woodlands Attn: Wellness Center 134 Shenot Rd. Wexford, PA 15090 *Checks payable to the Woodlands Foundation (WFI)
Name as it appears on CC: _____					
Card#: _____					
Credit card billing address: _____ Exp Date Mo/Yr _____					
Signature: _____ 3 Digit Security Code on back of CC: _____					
Email: _____ Payment Date : _____					
Phone: _____					

WFI USE ONLY:

Registration _____ Class Availability _____ Wellness Database _____ Payment _____ Consent Form _____