



# Hansen Museum

EST. 1972 | LOGAN, KS

**CANCELLATION POLICY**  
WORKSHOPS WITH INSUFFICIENT ENROLLMENT  
MAY BE CANCELED PRIOR TO THE FIRST  
MEETING. REFUNDS ARE ONLY GIVEN WHEN THE  
MUSEUM CANCELS A WORKSHOP.

This learning opportunity is brought to you by the  
Hansen Museum Continuing Education Program  
which is made possible with funds from the  
Dane G. Hansen Foundation.

Join us for

# WATER AEROBICS

Must be 18 or older  
to participate.

## DESCRIPTION

Water aerobics provide cardiovascular conditioning by increasing your pulse and breathing rate. Water aerobics are similar to normal aerobics but performed in the water placing less strain on your joints.

Water aerobics strengthen the body through resistance provided by the water. The resistance exerted by water applies in both directions as you push and pull against it. This means that each movement you make works two opposing muscle groups, not just one, as is the case when you work against gravity (same effort; double the benefit).

A beneficial full-body workout, water aerobics provide a lower risk of injury than land-based aerobics. They are suitable for people of all ages and can improve your overall fitness.

## SUBMIT

\$30 FEE AND REGISTRATION  
FORM TO:

HANSEN MUSEUM  
PO BOX 187  
LOGAN, KS 67646

## INSTRUCTOR

PAIGE PABST

## WHEN & WHERE

7:00 P.M. TO 8:00 P.M.  
TUESDAY & THURSDAY EVENINGS  
JUNE 13 - JULY 20  
LOGAN CITY POOL

## CONTACT US



(785) 689-4846  
DIRECTOR@HANSENMUSEUM.ORG  
HANSENMUSEUM.ORG  
FACEBOOK: HANSEN MUSEUM

PO BOX 187  
110 W MAIN ST  
LOGAN, KS 67646

MONDAY - FRIDAY: 9-12 & 1-4  
SATURDAYS: 9-12 & 1-5  
SUNDAYS AND HOLIDAYS: 1-5  
CLOSED: NEW YEAR'S DAY,  
THANKSGIVING, AND CHRISTMAS

\$30

**REGISTRATIONS ARE NON-REFUNDABLE.**

REGISTRATION +

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_

STATE/ZIP: \_\_\_\_\_

CELL PHONE: \_\_\_\_\_

CAN YOU RECEIVE  
TEXT MESSAGES?      YES      NO

**ONE PARTICIPANT PER FORM.**

By registering, I grant permission to the Hansen Museum to use the registrant's name, voice, and image in any photographs, motion pictures, publications, or any other print, video, graphic, or electronic recording of this event for legitimate purposes.

For Office Use Only: Water Aerobics 2023

Pd: \_\_\_\_\_ Ck#: \_\_\_\_\_ Rcpt: \_\_\_\_\_ Date: \_\_\_\_\_