

Aqua Aerobics Guidelines & Sign-Up

Instructions for Signing up Online

1. [Complete online waiver](#) at least 24 hours prior to your first class time. You must fill out the Waiver before you sign up for your first class.
2. Go to the [Outdoor Classes Schedule](#) in HBC Online
3. Click **"Sign Up Now"** next to the class you desire to attend
4. This will take you to the HBC Online Login Page. Enter your email and password in the **"Sign In" box** at the left side of the page.
5. Click **"Make a Single Reservation"**. This takes you to the Shopping Cart for a class at \$0.
6. **Check out & Place order** . There is no charge to your account.
7. Go to "My Schedule" to confirm that you are enrolled in the class.
8. You will receive a confirmation email when you sign up. If you do not get a confirmation email then you are not enrolled in the class. Login to HBC Online and go back to ["My Schedule"](#) .
9. You will receive a reminder email and/or text 2 days before your class. If you do not get a reminder login and go back to ["My Schedule"](#) .
10. Cancellations must be done Online at least 24 hours prior to class to avoid Late Cancellation fee. Cancellation is very important as all Outdoor Classes are limited to a max of 12.

To cancel a class:

Login to [your profile](#) in HBC Online:

<https://clients.mindbodyonline.com/classic/ws?studioid=19689&stype=-2&subTab=info>

Go to My Info tab
Go to "My Schedule"
Click cancel at the far right next to the class you would like to cancel.
Double check "My Schedule" to make sure it was canceled.

Guidelines for attending Aqua Aerobic Classes

- 1. Class attendance will be by online reservation only (see instructions above to sign up).
No drop-in's, no guests – members who have signed up for a class are only allowed on premises.** You may sign up for one class per day, up to 7 days in advance and up to 30 minutes prior to class start time
2. All Members who complete the Waiver to Sign up for classes
3. Aqua Aerobics Classes will be limited to a maximum of 10 adult students – spaced at least 6 feet apart at all times per Alameda County Health Dept. All students must be at least 18 years of age.
4. Aqua Aerobics Classes will be held in Lanes 1 and 2 (we can not remove the lane dividers).
5. Person to person contact is prohibited per Alameda County Health Dept.
6. Sharing equipment is prohibited per Alameda County Health Dept. Equipment will not be provided by the Harbor Bay Club.
7. Bring your own water bottle, swim equipment and towel. Club towels will not be provided. Drinking fountains & water jugs will be unavailable. Classed may be in the sun, so bring a visor, sunscreen and appropriate clothing. Members must dispose of all trash, in trash cans, before leaving or take with you.
8. Do not enter the pool until the previous swimmers are out. Your instructor will let you know when you can enter the pool.

9. Hot Tub is closed per Alameda County Health Dept.
10. Lounges & chairs are not available. Each lane will have a designated table for you to place your personal belongings on.
11. If it rains, classes may be canceled.
12. Enter the club property through the main entrance of the Fitness Center.
13. Staff will be present to properly check you in and verify your class enrollment.
14. Please do not arrive at the club more than 15 minutes before the class start time.
15. Harbor Bay Club requires all members to wear a mask from your vehicle to check-in and when entering and leaving the class area. No masks required when class is in session.
16. Restroom facilities in the JR. Locker Room will be available. Observe social distancing while waiting.
18. **No showers are available.** No changing areas are available. No changing on deck or on the club property.
17. Cancellation policy: Since we are only allowed to have 12 students per class, each spot is very important to all members. Therefore, you must cancel your class reservation online at least 24 hours prior to reserved time. If you No-Show or cancel less than 24 hours prior to class, there will be a cancellation fee of \$20.

Other General Guidelines:

Before you take a class

- Wash your hands with a disinfectant soap and water (for 20 seconds or longer) or use a hand sanitizer if soap and water are not readily available, before going to the class.

- Clean and wipe down your mat and water bottles. Do not share anything such as mats, water bottles, hats, and towels.
- Bring a full water bottle. No water fountain or water jugs available.
- If you need to sneeze or cough, do so into a tissue or upper sleeve.
- Arrive as close as possible to when you need to be there.
- Avoid touching gates, fences, benches, etc. if you can.

When taking class

- Try to stay at least six feet apart from other students. Do not make physical contact with them (such as shaking hands or a high five).
- Avoid touching your face.
- Wash your hands promptly if you have touched your eyes, nose or mouth.
- Absolutely **NO** gatherings in groups.

After taking class

- Leave the class area as soon as reasonably possible.
- Wash your hands thoroughly or use a hand sanitizer after coming out of the class area.
- Shower at home.
- No extra-curricular or social activity should take place. No congregation after class.
- All students should leave the facility immediately after class.

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