



Class Descriptions

Water Aerobics—Stretch and exercise using water as resistance to tone your body. Low-impact aerobics will strengthen your muscles, increase flexibility and energy levels, and relieve stress. You do not need to know how to swim for this 40 min class.

Kid Swim—Let your kids swim in our heated pool while you work out! Please sign your kids up to make sure a lifeguard is Present. All ages are welcome.

FREE for family membership children
 \$1/child for adult member's children
 \$5/child for non-member's children

Please call ahead to sign-up for all classes. Class size is limited to 6 participants.

Open Swim: FREE to members,
 \$3 for SilverSneakers members
 \$5 for non-members

Water Aerobics: Free to members, \$3/class for SilverSneakers & Silver & Fit members,
 \$5 for non-members.

Swim Lessons— Thursday evenings with Lauren 5-5:30, 5:30-6:00 or 6:00-6:30pm. This is for kids ages 3-6 and sessions repeat monthly. Cost: \$35 members, \$45 non-members.

Class schedule subject to change. Please call 768-4550 to sign up for classes.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Family Swim 8am-11am (by apt. only)	2 Water Aerobics 6:00-7:00pm	3 Senior Water Aerobics 9 & 10am Open Swim 11am Kids' Swim 5:15pm (Apt ONLY)	4 Water Aerobics 6:00-6:45pm	5 Sr. Water Aerobics 9 & 10am Open Swim 11a-7p	6 Open Swim 6pm (By Apt Only)	7 Water Aerobics 8:00am Senior Water Aerobics 9:00am
8 Family Swim 8am-11am (by apt. only)	9 Water Aerobics 6:00-7:00pm	10 Senior Water Aerobics 9 & 10am Open Swim 11am Kids' Swim 5:15pm (Apt ONLY)	11 Water Aerobics 6:00-6:45pm	12 Sr. Water Aerobics 9 & 10am Open Swim 11a-7p	13 Open Swim 6pm (By Apt Only)	14 Water Aerobics 8:00am Senior Water Aerobics 9:00am
15 Family Swim 8am-11am (by apt. only)	16 Water Aerobics 6:00-7:00pm	17 Senior Water Aerobics 9 & 10am Open Swim 11am Kids' Swim 5:15pm (Apt ONLY)	18 Water Aerobics 6:00-6:45pm	19 Sr. Water Aerobics 9 & 10am Open Swim 11a-7p	20 Open Swim 6pm (By Apt Only)	21 Water Aerobics 8:00am Senior Water Aerobics 9:00am
22 Family Swim 8am-11am (by apt. only)	23 Water Aerobics 6:00-7:00pm	24 Senior Water Aerobics 9 & 10am Open Swim 11am Kids' Swim 5:15pm (Apt ONLY)	25 Water Aerobics 6:00-6:45pm	26 Sr. Water Aerobics 9 & 10am Open Swim 11a-7p	27 Open Swim 6pm (By Apt Only)	28 Water Aerobics 8:00am Senior Water Aerobics 9:00am
29 Family Swim 8am-11am (by apt. only)	30 Water Aerobics 6:00-7:00pm	31 Senior Water Aerobics 9 & 10am Open Swim 11am Kids' Swim 5:15pm (Apt ONLY)		October Aquatics		