



**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
<h1>November Aquatics</h1>			<b>1</b> Water Aerobics 6:00-6:45pm	<b>2</b> Sr. Water Aerobics 9 & 10am Open Swim 11a-7p	<b>3</b> Open Swim 6pm (By Apt Only)	<b>4</b> Water Aerobics 8:00am Senior Water Aerobics 9:00am
			<b>5</b> Family Swim 8am-11am (by apt. only)	<b>6</b> Water Aerobics 6:00-7:00pm	<b>7</b> Senior Water Aerobics 9 & 10am Open Swim 11am Kids' Swim 5:15pm (Apt ONLY)	<b>8</b> Water Aerobics 6:00-6:45pm
<b>12</b> Family Swim 8am-11am (by apt. only)	<b>13</b> Water Aerobics 6:00-7:00pm	<b>14</b> Senior Water Aerobics 9 & 10am Open Swim 11am Kids' Swim 5:15pm (Apt ONLY)	<b>15</b> Water Aerobics 6:00-6:45pm	<b>16</b> Sr. Water Aerobics 9 & 10am Open Swim 11a-7p	<b>17</b> Open Swim 6pm (By Apt Only)	<b>18</b> Water Aerobics 8:00am Senior Water Aerobics 9:00am
<b>19</b> Family Swim 8am-11am (by apt. only)	<b>20</b> Water Aerobics 6:00-7:00pm	<b>21</b> Senior Water Aerobics 9 & 10am Open Swim 11am Kids' Swim 5:15pm (Apt ONLY)	<b>22</b> Water Aerobics 6:00-6:45pm	<b>23</b> <b>CLOSED!</b>  Happy Thanksgiving	<b>24</b> <u>Open 7am— 3pm ONLY!</u>	<b>25</b> Water Aerobics 8:00am Senior Water Aerobics 9:00am
<b>26</b> Family Swim 8am-11am (by apt. only)	<b>27</b> Water Aerobics 6:00-7:00pm	<b>28</b> Senior Water Aerobics 9 & 10am Open Swim 11am Kids' Swim 5:15pm (Apt ONLY)	<b>29</b> Water Aerobics 6:00-6:45pm	<b>30</b> Sr. Water Aerobics 9 & 10am Open Swim 11a-7p		