

## AQUA JOGGER DEEP WATER WORKOUT

Advanced Fitness Class

**Our Pool is  
5ft Deep**

**AGES:** 18 and Older  
**WHERE:** Community Center Pool  
**WHEN:**  
 MONDAY: **Session 1:** September 13 to October 25  
**Session 2:** November 1 to December 13  
 TUESDAY: **Session 1:** September 14 to October 26  
**Session 2:** November 2 to December 14  
 WEDNESDAY: **Session 1:** September 15 to October 27  
**Session 2:** November 3 to December 15  
 THURSDAY: **Session 1:** September 9 to October 21  
**Session 2:** October 28 to December 16  
 SATURDAY: **Session 1:** September 11 to October 23  
**Session 2:** October 30 to December 18  
 7 weeks **(No Class 11/25, 11/27)**  
**TIMES:** Monday or Wednesday - 4:15PM to 5:00PM  
 Tuesday or Thursday - 7:15PM to 8:00PM  
 Saturday - 11:15AM to 12:00PM  
**MIN/MAX:** 8/14

FEES (per session):	Session 1 Until Sept. 1		Session 2 Until Oct. 29	
	Discount Price	Regular Price	Discount Price	Regular Price
FC Member	\$31	\$41	\$31	\$41
SH Resident	\$36	\$46	\$36	\$46
Non Resident	\$41	\$51	\$41	\$51

### SIGN UP FOR EACH DAY SEPARATELY

Are you looking for a new and exciting way to lose weight? Join our Aqua Jogger "Deep Water Workout". This class is easy on the joints as your feet do not touch the bottom of the pool; and challenging enough to burn calories. Aqua Jogger belts will be provided to allow participants to be suspended in shoulder deep water.

**Please note: Participants must be comfortable in DEEP WATER, to participate in this class.**

## WATER WORKS w/ CINDY

**AGES:** 18 and Older  
**WHERE:** Community Center  
**WHEN:** **Session 1:** September 15 to October 27  
**Session 2:** November 3 to December 15  
**DAY:** Wednesday (7 weeks)  
**TIME:** 6:00PM to 6:50PM  
**MIN/MAX:** 8/25

Water works is a combination of Aqua Jogger and Water Aerobics. Come experience an invigorating challenging workout for those who can handle it. Aqua Belts, weights, and gloves are provided

## FAMILY SWIM NIGHTS

**AGES:** All  
**WHERE:** Community Center Pool  
**WHEN:** September 17 (Register by September 16)  
 October 1 (Register by September 30)  
 October 15 (Register by October 14)  
 November 5 (Register by November 4)  
 November 19 (Register by November 18)  
 December 3 (Register by December 2)  
**TIME:** 7:00 PM to 9:00 PM  
 (No one admitted after 8 PM)  
**MAX:** 80  
**FEE:** \$4 SH Resident  
 \$5 Non-Resident  
 Under 2 years Free

**Plan Ahead!  
Pre-Register!**

**THERE IS A MAXIMUM CAPACITY OF 80 PARTICIPANTS. ALL FAMILY MEMBERS MUST BE REGISTERED BY THE THURSDAY PRIOR TO FAMILY SWIM. LATE REGISTRATION MAY BE AVAILABLE AND IS LIMITED TO SPACE AVAILABLE.**

Come out and splash and swim with your family at the South Holland Community Center Pool. Use of Showers and locker room available. Bring your own lock and towels.

All Swim Rules apply to this class. Please note:

- Each person must take a soapy shower before entering the pool.
- Parents must accompany children at all times.
- Swim suit only. No shirt, jean shorts or street clothes are allowed in the pool.
- The following are not allowed: Food, beverages, glass containers, sharp objects, fins, snorkels, balls or diving rings.
- No flotation toys allowed (water wings and life jackets are allowed).
- No running or pushing.
- Any child unable to swim must be accompanied by a parent or guardian in the water.
- The whirlpool is not available during family swim.
- Street shoes are not allowed on deck, only flip flops, water shoes or barefoot.

Violation of any of the above rules is reason to be asked to leave the pool area and the building without receiving a refund.

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