

Please Note: Pool Doors Open 15 Minutes Prior to the Start of Class

SWIM PROGRAMS

WATER AEROBICS

AGES: 18 and Older
WHERE: Community Center Pool
WHEN: **Session 1:**
 Thursday: September 9 to October 21
 Friday: September 10 to October 22
 Tuesday: September 14 to October 26
 Wednesday: September 15 to October 27
Session 2:
 Thursday: October 28 to December 16
 Friday: October 29 to December 17
 Tuesday: November 2 to December 14
 Wednesday: November 3 to December 15
 7 weeks **(No Class 11/25, 11/26)**
DAYS & TIMES: Tuesday or Thursday, 8:00PM to 8:50PM
 Wednesday or Friday, 9:00AM to 9:50AM
 Wednesday 5:15PM to 6:05PM

MIN/MAX: 10/40

FEES (per session):	Session 1 Until Sept. 1		Session 2 Until Oct. 29	
	Discount Price	Regular Price	Discount Price	Regular Price
FC Member	\$27	\$37	\$27	\$37
SH Resident	\$32	\$42	\$32	\$42
Non Resident	\$37	\$47	\$37	\$47

SIGN UP FOR EACH DAY SEPARATELY

You can now choose your own workout schedule, Join 1, 2, 3, or 4 days a week. It's up to you. Come in and feel the warm water rush through your fingers and toes as you increase muscle tone and drop pounds in this exhilarating class. This popular class is for all ages and all abilities. Please remember to bring your own towel and lock to class. Locks are available for purchase at the front desk.

POOL PASS Limited

AGES: 18 and Older
WHERE: Community Center Pool
WHEN: 4 month pool pass
DAYS & TIME: Monday through Friday
 1:00PM to 2:50PM
FEE: \$45 SH Resident
 \$65 Non-Resident

SENIOR WATER FITNESS

AGES: 50 and Older
WHERE: Community Center Pool
WHEN: **Session 1:**
 Thursday: September 9 to October 21
 Monday: September 13 to October 25
Session 2:
 Thursday: October 28 to December 16
 Monday: November 1 to December 13
 7 weeks **(No class 11/25)**
DAYS & TIMES: Monday, 9:00AM to 9:50AM
 Thursday, 8:00AM to 8:50AM
MIN/MAX: 10/35

FEES (per session):	Session 1 Until Sept. 1		Session 2 Until Oct. 29	
	Discount Price	Regular Price	Discount Price	Regular Price
FC Member	\$24	\$34	\$24	\$34
SH Resident	\$29	\$39	\$29	\$39
Non Resident	\$34	\$44	\$34	\$44

SIGN UP FOR EACH DAY SEPARATELY

Start your day out with a relaxing and refreshing workout in the pool. You can move with less stress on your body in this water fitness class. Joanne Schutt, Cora Martin or Tammy Tjoelker will lead the class so you can enjoy exercise and fun with your peers. **Please bring your own towel and lock to class. Sign up for one or two days a week.**



POOL PASS Unlimited

AGES: 18 and Older
WHERE: Community Center Pool
WHEN: 4 month pool pass
DAYS & TIME: Monday - Friday 6:00AM to 10:00PM
 Saturday 7:00AM to 3:00PM
 Sunday 8:00AM to 3:00PM
FEE: \$80 SH Resident
 \$100 Non-Resident

Join the millions of people who exercise in the water. You can swim, walk, or do a little of both. Passes are good for four months. Use the pools, lockers, showers and whirlpool. Pool is handicap accessible. Bring your own towel and lock. We reserve the right to close the pool at any given time or day. No refunds or membership exchanges with any Pool Pass. All Pool Passes are non-refundable.