

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

# SWIM PROGRAMS

## ARTHRITIS SWIM AM OR PM

**2 Days  
A Week**

Arthritis Foundation Aquatic Program

**AGES:** 18 and Older  
**WHERE:** Community Center Pool  
**WHEN:** **Session 1:** September 13 to October 27  
**Session 2:** November 1 to December 15

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**Session 1:** September 14 to October 28  
**Session 2:** November 2 to December 16  
7 weeks **(No Class 11/25)**

**DAYS & TIMES:** Monday and Wednesday 5:15PM to 6:00PM  
Tuesday and Thursday 9:00AM to 9:45AM  
**MIN/MAX:** 10/30

FEES (per session):	Session 1 Until Sept. 1		Session 2 Until Oct. 29	
	Discount Price	Regular Price	Discount Price	Regular Price
FC Member	\$35	\$45	\$35	\$45
SH Resident	\$40	\$50	\$40	\$50
Non Resident	\$45	\$55	\$45	\$55

If you are looking for a fitness class that is non-strenuous, beneficial and easy on the joints, this is it. Water offers gentle resistance, while you are exercising through a range of motion workout. This class is being offered in partnership with the Arthritis Foundation. Certified instructors Cora Martin, Tammy Tjoelker, Joanne Schutt, Cindy Copenhaver, and Terri Riley will keep you moving. Please bring your own towel and lock to class. Locks are available for purchase at our front desk. A participant release form is required.

## ARTHRITIS SWIM DEEP WATER SEGMENT

Arthritis Foundation Aquatic Program

For those registered for Arthritis Swim Plus on Friday, you can take the Deep Water Segment immediately following.

Class starts at 10:45 am for no additional charge: However, you must register.

Deep Water will consist of wearing a flotation belt to suspend participants off the bottom of the pool for a no-impact workout. This segment will last 15-20 minutes.

## ARTHRITIS SWIM MID DAY

Arthritis Foundation Aquatic Program

**AGES:** 18 and Older  
**WHERE:** Community Center Pool  
**WHEN:** **Session 1:** September 13 to October 27  
**Session 2:** November 1 to December 15

**DAY:** Monday & Wednesday (7 weeks)  
**TIME:** 11:15AM to 12:00PM

**MIN/MAX:** 10/30

FEES (per session):	Session 1 Until Sept. 1		Session 2 Until Oct. 29	
	Discount Price	Regular Price	Discount Price	Regular Price
FC Member	\$35	\$45	\$35	\$45
SH Resident	\$40	\$50	\$40	\$50
Non Resident	\$45	\$55	\$45	\$55

Feel as good as a summer day... Have you thought about this class but haven't tried it yet? Here is your chance. Water offers gentle resistance, while you are exercising through a range of motion workout. This class is non-strenuous, yet beneficial and easy on the joints. Certified instructors will keep you moving during these classes. Please bring your own towel and lock to class. This class is being offered in partnership with the Arthritis Foundation.



## ARTHRITIS SWIM PLUS

**Friday:** **Session 1:** September 17 to October 22  
**Session 2:** October 29 to December 10

**TIME:** 10:00AM to 10:45AM or 5:15PM to 6:00PM  
**MIN/MAX:** 10/30

6 weeks **(No Class 11/26)**

FEES (per session):	Session 1 Until Sept. 1		Session 2 Until Oct. 29	
	Discount Price	Regular Price	Discount Price	Regular Price
FC Member	\$15	\$25	\$15	\$25
SH Resident	\$20	\$30	\$20	\$30
Non Resident	\$25	\$35	\$25	\$35