

Adult & Older Adult Swim Programs

PROGRAM	MON.	TUES.	WED.	THURS.	FRI.	SUN.
Adult Basic Skills Lessons for Beginners Seniors always welcome.					9:30am-10:15am	
Adult Swimming Strokes & Fitness Work on perfecting strokes and skills					9:30am-10:15am	
AquaFitness Great Cardiovascular and muscle work out in the 25m pool	8:45-9:30am 2:15-3pm 7:30-8:15pm	8:45-9:30am	8:45-9:30am 2:15-3pm 7:30-8:15pm	8:45-9:30am	8:45-9:30am	
AquaEasy Gentle exercise program taught in the therapy pool	2:15-3pm	8:45-9:30am	2:15-3pm	8:45-9:30am		
Cardio AquaFitness Drop-in 2010 Adults \$4.25, Seniors \$3.75 2011 Adults \$4.50, Seniors \$4.00		12:15-12:45pm		12:15-12:45pm		

2010 ADULT PROGRAM FEES		SENIOR
1 class per week	\$50.45	\$40.36
2 classes per week	\$80.22	\$64.17
3 classes per week	\$103.73	\$82.99
4 classes per week	\$126.07	\$100.86
5 classes per week	\$147.07	\$117.66

2011 ADULT PROGRAM FEES		SENIOR
1 class per week	\$51.53	\$41.22
2 classes per week	\$81.93	\$65.54
3 classes per week	\$105.94	\$84.75
4 classes per week	\$128.75	\$103.00
5 classes per week	\$150.20	\$120.11

*Senior rate is available for 55+ years

REGISTRATION RECOMMENDED

In order to provide quality programs the Department may not run a program due to insufficient registration.

If your class is cancelled or the changed time does not fit your schedule, a full refund or credit will be given with no administration fee.

AQUA FIT DROP-IN PASSES

2010	ADULT	SENIOR
10 pass	\$57.97	\$48.31
Single time drop-in	\$6.98	\$5.91

2011	ADULT	SENIOR
10 pass	\$60.92	\$50.71
Single time drop-in	\$7.51	\$6.17

MASTERS SYNCHRONIZED SWIMMING

Tuesday
\$70 per session
8:00 - 9:00 pm Ages 18+

Synchronized swimming is a sport for all ages! Our masters enjoy the challenge of learning new skills and the opportunity to get a little exercise, while making new friends and enjoying themselves. Former synchro swimmers, new members and beginners are most welcome.