



Adult & Older Adult Swim Programs

Fall/Winter 2011/12



PROGRAM	MON.	TUES.	WED.	THURS.	FRI.	SUN.
Adult Basic Skills Lessons for Beginners Seniors always welcome. 2011 Adults & Seniors \$51.53 2012 Adults & Seniors \$55.82 Includes HST	8:30 - 9:15pm				9:30am-10:15am	
Adult Swimming Strokes & Fitness Work on perfecting strokes and skills 2011 Adults & Seniors \$51.53 2012 Adults & Seniors \$55.82 Includes HST			8:30 - 9:15pm		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	8:45 - 9:30am 2:15 - 3pm	8:45 - 9:30am	8:45 - 9:30am 2:15 - 3pm	8:45 - 9:30am	8:45 - 9:30am	
Cardio AquaFitness Drop-in 2011 Adults \$5.00, Seniors \$4.25 2012 Adults \$5.25, Seniors \$4.50		12:15 - 12:45pm		12:15 - 12:45pm		

AQUA FIT & AQUA EASY PER SESSION

2011 ADULT **SENIORS (55+)**
 1/wk \$51.53 1/wk \$41.22
 2/wk \$81.93 2/wk \$65.54
 3/wk \$105.94 3/wk \$84.75

2012 ADULT **SENIORS (55+)**
 1/wk \$55.82 1/wk \$36.28
 2/wk \$97.75 2/wk \$63.54
 3/wk \$125.71 3/wk \$81.71

(Fees include tax)

Patrons wishing to take 4 or 5 classes per week for a session will add the third class rate for each additional day.

Drop in pay as you come
 AquaFit / AquaEasy Classes
 Register to

ADULT **SENIORS (55+)**
 2011 \$7.50 2011 \$6.25
 2012 \$8.00 2012 \$6.50

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.

NOTE: AquaFit/AquaEasy classes will not run due to holidays or special events on the following dates. Fees will be prorated.

Mon. Sept. 5, Mon. Oct. 10,
 Mon. Feb. 20, Fri. Apr. 6

Dec. 27, 28, 29, 30
 Drop in classes will be available.
 Check out Holiday Schedule at
www.porthope.ca

