



Community Education Aquatic Programs Summer 2017

FIT6073 _____

ADULT LAP SWIM/WATER WALKING

Enjoy lap swimming or water walking for individual conditioning in our eight lane pool. You may pay per visit or purchase a discounted pass. The pass does NOT expire.

Must be 18 or older.

June 26 -Aug. 11		
Early morning	Monday - Friday	6:00-7:30 a.m.
July 10-Aug. 7		
Evening	Monday	7:15-8:00 p.m.
July 13-Aug. 10		
Evening	Thursday	7:15-8:00 p.m.
July 10 - Aug. 9		3:30-5:00 p.m.
Afternoon	Monday, Tuesday, Wednesday (4 lanes only)	
July 13- Aug. 10		3:00-5:00 p.m.
Afternoon	Thursday (4 lanes only)	
July 14 - Aug. 11		3:00-5:00 p.m.
Afternoon	Friday (4 lanes only)	
Fee: \$4 per visit payable at the door or \$105 for 30 visit pass IHS pool, enter door #5		

FIT6007SP & FIT6007SP2 & FIT6007SP3 _____

DEEP WATER WORKOUT

Surround yourself in the deep water for the benefits of a non impact core class. Using the resistance of the water while wearing a flotation belt, this workout will provide cardiovascular and strength training to benefit health and wellness. Flotation belts provided. *Take the plunge and have some fun!*

FIT6007S-Evening		
Monday, 5 Sessions		*Fee: \$38; GC: \$33
July 10, 17, 24, 31, Aug. 7		6:00-7:00 p.m.
FIT6007S2-Morning		
Wednesday, 5 Sessions		*Fee: \$38; GC: \$33
July 12, 19, 26, Aug. 2, 9		7:30-8:30 a.m.
FIT6007S3-Evening		
Thursday, 5 Sessions		*Fee: \$38; GC: \$33
July 13, 20, 27, Aug. 3, 10		6:00-7:00 p.m.
*Fee: 2 days/wk: \$70; GC: 2 days/wk \$65		
*Fee: 3 days/wk: \$102; GC: 2 days/wk \$97		
IHS pool, enter door #5		
Instructor: Carol Cuomo		

FIT6300 _____

FAMILY SWIM

Bring the entire family for a fun afternoon or evening of swimming. All youth under age 16 **MUST** be accompanied by an adult. If your child cannot swim unassisted, they must be accompanied by an adult in the water. We will provide flotation devices, no personal flotation devices will be allowed in the pool.

July 10 - Aug. 9		
Monday, Tuesday, Wednesday		3:30-5:00 p.m.
July 13- Aug. 10		3:00-5:00 p.m.
Thursday		
July 14 - Aug. 11		
Friday		3:00-5:00 p.m.
Fee: \$6 per visit for immediate family up to 5, \$1 for each additional member, payable at the door IHS pool, enter door #5		

FIT6026 _____

SENIOR LAP SWIM PROGRAM

Enjoy lap swimming or water walking for individual conditioning in the pool. This program is for adults **62 yrs. and older**. You must purchase a 15 visit pass. The pass does NOT expire.

July 11 - Aug. 10		
Tuesday & Thursday		11:45 a.m.-12:45 p.m.
Fee: \$45 for 15 visit pass IHS pool, enter door #5		