

Aquatics - Winter 2018



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.**

Jan. 2 - Mar. 29
Early morning Monday - Friday 6:00-7:30 a.m.

Jan. 8 - Mar. 26
Evening Monday 7:15-8:30 p.m.

Jan. 2 - Mar. 29
Evening Tuesday, Wednesday Thursday 7:30-8:30 p.m.

Jan. 6 - Mar. 24
Afternoon Saturday **(4 lanes only)** 1:00-3:00 p.m.
Fee: \$4 per visit payable at the door or \$105 for 30 visit pass
IHS pool, enter door #5

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.

Jan. 5 - Mar. 23
Friday 7:30-9:00 p.m.

Jan. 6 - Mar. 24
Saturday (4 lanes only) 1:00-3:00 p.m.

Jan. 7 - Mar. 25
Sunday 1:00-3:00 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

FIT6007W & FIT6007W2 & FIT6007W3

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!*

FIT6007W
Monday, 10 Sessions *Fee: \$75; GC: \$70
Jan. 8, 22, 29, Feb. 5, 12, 26, 6:00-7:00 p.m.
Mar. 5, 12, 19, 26

FIT6007W2
Thursday, 11 Sessions *Fee: \$83; GC: \$78
Jan. 11, 18, 25, Feb. 1, 8, 15, 7:30-8:30 p.m.
Mar. 1, 8, 15, 22, 29

FIT6007W3
Saturday, 10 Sessions *Fee: \$75; GC: \$70
Mar. 3, 10, 17, 24, Apr. 14, 28, 8:00-9:00 a.m.
May 5, 12, 19, June 2

*Fee: 2 days/wk M/TH \$147; M/Sat \$140; TH/Sat \$147

*Fee: 3 days/wk: \$210; GC: \$205

IHS pool, enter door #5

Instructor: Carol Cuomo