



## Community Education Aquatic Programs Fall 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.**

Sept. 5 -Dec. 22  
Early morning    Monday - Friday                      6:00-7:30 a.m.

Sept. 11-Dec. 18  
Evening                      Monday                                      7:15-8:30 p.m.

Sept. 7- Dec. 21  
Evening                      Tuesday, Wednesday Thursday 7:30-8:30 p.m.

Sept. 16-Dec. 16  
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

FIT6007F & FIT6007F2

### 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!*

**May be combined with Water Fitness.**

FIT6007F  
Monday, 14 Sessions                                      \*Fee: \$105; GC: \$100  
Sept. 11, 18, 25, Oct. 2, 16, 23, 30,                      6:00-7:00 p.m.  
Nov. 6, 13, 20, 27, Dec. 4, 11, 18

FIT6007F2  
Thursday, 13 Sessions                                      \*Fee: \$98; GC: \$93  
Sept. 14, 21, Oct. 5, 12, 19, 26,                      7:30-8:30 p.m.  
Nov. 2, 9, 16, 30, Dec. 7, 14, 21  
\*Fee: 2 days/wk: \$189; GC: \$184  
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.

Sept. 15 -Dec. 15  
Friday    7:30-9:00 p.m.

Sept. 16 -Dec. 16  
Saturday (4 lanes only)    1:00-3:00 p.m.

Sept. 17-Dec. 17  
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

FIT6026

### SENIOR LAP SWIM PROGRAM

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

Sept. 12 -Dec. 21    Fee: \$45 for 15 visit pass  
Tuesday & Thursday    11:15 a.m.-12:15 p.m.  
IHS pool, enter door #5

FIT6051F & FIT6051F2

### WATER FITNESS-DAYTIME

Try a fresh approach to water fitness using components of yoga and pilates to enhance flexibility and muscular strength. Swimming skill is not necessary.

**May be combined with Deep Water Workout.**

FIT6051F  
Tuesday, 15 Sessions    \*Fee: \$113; GC: \$108  
Sept. 12, 19, 26, Oct. 3, 10, 17, 24, 31,    11:15 a.m.-12:15 p.m.  
Nov. 7, 14, 21, 28, Dec. 5, 12, 19

FIT6051F2  
Thursday, 14 Sessions    \*Fee: \$105; GC: \$100  
Sept. 14, 21, 28, Oct. 5, 12, 19, 26,    11:15 a.m.-12:15 p.m.  
Nov. 2, 9, 16, 30, Dec. 7, 14, 21  
\*Fee: 2 days/wk: \$203; GC: 2 days/wk: \$198  
IHS pool, enter door #5  
Instructor: Jane Marshall