

**SUMMER 2009
AQUATICS
May 26 – August 8**

**American Red Cross
Lifeguard Certification**

Certification includes American Red Cross Lifeguard/First Aid, CPR for the professional rescuer, AED.

Class Requirements

Must be 15 years old
Able to swim 300 yards

Open to the Community
\$225

32 Hour Class

Dates of Program

May 26 – 8 am-4 pm
May 27 – 8 am –4 pm
May 28 – 8 am – 4 pm
May 29 – 8 am – 4 pm
If needed: May 30th
9 am - noon

**Private Swim Lessons
For facility members
only, ages 3+!**

One-on-one instruction, for a wide range of swimming abilities. Five, 30 minute lessons between you and an experienced instructor. Fill out a private swim lesson request and an instructor will contact you within two weeks. Payment required at registration.

\$100 private
\$80 *each* semi-private
\$60 *each* (3 people)

Must be used within 6 months of purchase.

Twinges in Hinges for ages 12+: Water Exercise emphasizing mobility and flexibility. M/W/F @ 11 am
Mem: Free
Program Mem: \$49/twelve classes

Senior Water Fit for ages 62+: Energizing class to get you fit while you make new friends!
Tu/Th @ 9:15 am
Mem: Free
Program Mem: \$49/twelve classes

Aquatic Personal Training for members only, ages 13+: Stretch and condition your body and meet your individual goals. Great for post-rehab
See Registration Office for Pricing



For more information contact: Lisa Gardiner
or Registration 770-423-9622 or
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YAQUATICS™
We build strong kids, strong families, strong communities.