

Pool News -September

New programs **COMING SOON!**

Stay tuned for new and fun ways to enjoy the pool!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Fitness 8 - 9:30am Cardio - Weights - Tone Instructor : Kathy Smith <i>*Class time will fluctuate Nov - Feb due to Elementary Swim Program</i></p> <p>Aquasize 11 - 12:00pm Cardio and Flexibility Instructor : Tina Davis</p> <p>Open Fitness 6 - 7:30pm Lap Swim - Water Jog - Weights and Resistance Supervisor : Elyse Williams</p>	<p>Lap Swimming 6 -7:00am Supervisor : Jenn Marrs</p> <p>Open Fit 3:15 -5:15pm Non - Instructed fitness time Work on personal fitness goals at your own pace! Supervisor : Elyse Williams</p>	<p>Fitness 8 - 9:30am Cardio - Weights - Tone Instructor : Kathy Smith <i>*Class time will fluctuate Nov - Feb due to Elementary Swim Program</i></p> <p>Aquasize 11 - 12:00pm Cardio and Flexibility Instructor : Tina Davis</p> <p>September ONLY Junior Lifeguarding 3:00 - 4:30pm Class dates : 14, 21, 28</p>	<p>Lap Swimming 6 -7:00am Supervisor : Jenn Marrs</p> <p>Open Fit 3:15 -5:15pm Non - Instructed fitness time Work on personal fitness goals at your own pace! Supervisor : Elyse Williams</p> <p>Open Swim - <u>Thursday Only</u> 6:30 - 8pm Everyone is Welcome! \$2 per swimmer Toys - Music - Snacks - Equipment Rentals</p>	<p>Fitness 8 - 9:30am Cardio - Weights - Tone Instructor : Kathy Smith <i>*Class time will fluctuate Nov - Feb due to Elementary Swim Program</i></p> <p>Aquasize 11 - 12:00pm Cardio and Flexibility Instructor : Tina Davis</p>

All Fitness times (Aquasize, Lap, Open Fit and Fitness) \$3.00 per session (\$30 punch cards available)

Mark your Calendars!! Gym/Swim begins November 14, 2022

West Central elementary students have an awesome opportunity to trade out PE class for swimming and water safety. Students swim for 12 weeks, one day per week, **on their PE day.** During their class time we focus on life saving skills, developing strokes, water and land emergencies, and much more.

Students will need to bring a suit and towel each week. We do not allow revealing swimsuits. Our female students need a suit that covers their tummy and chest. If you are struggling to find a suit that covers, we do have suits to borrow and also shirts/cover ups. A more detailed list will be sent home at a later date.