



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## SPRING I TEEN / ADULT AQUATICS CLASSES

### Monday 02/25/19 through Sunday 04/21/19

NAME \_\_\_\_\_ *Please PRINT and fill out completely*  
 PHONE #1 \_\_\_\_\_ e-mail: \_\_\_\_\_  
 MEMBER ID# \_\_\_\_\_ address: \_\_\_\_\_

<p><b><u>TEEN STAGES 1 &amp; 2 (12-17YRS):</u></b>      <b>Fri 7:30-8:30pm</b></p> <p><b><u>WATER ACCLIMATION &amp; WATER MOVEMENT</u></b></p> <p>M \$140; NM \$259</p>	<p><b><u>AQUA EXERCISE (18+YRS):</u></b></p> <p><b>Members: FREE!</b></p> <p>Non-Members: 1X \$91/ 2X \$130/ 3X \$169/ 4X \$208</p> <p><b>Monday, 11:00am-12:00pm, with Sandra</b></p> <p><b>Monday, 7:30-8:30pm, with Elisa</b></p> <p><b>Tuesday, 8:00-9:00am, with Francine</b></p> <p><b>Wednesday, 11:00am-12:00pm with Sandra</b></p> <p><b>Wednesday, 7:30-8:30pm, with Elisa</b></p> <p><b>Thursday, 6:30-7:30am, with Francine</b></p> <p><b>Friday, 11:00am-12:00pm, with Christine</b></p> <p><b>Sunday, 8:45-9:45am, with Iva</b></p>
<p><b><u>TEEN STAGES 3 &amp; 4 (12-17YRS):</u></b>      <b>Thu 7:30-8:30pm</b></p> <p><b><u>WATER STAMINA &amp; STROKE INTRODUCTION</u></b></p> <p>M \$140; NM \$259</p>	
<p><b><u>TEEN STAGES 5 &amp; 6 (12-17YRS):</u></b>      <b>Fri 8:30-9:30pm</b></p> <p><b><u>STROKE DEVELOPMENT &amp; STROKE MECHANICS</u></b></p> <p>M \$140; NM \$259</p>	
<p><b><u>LIFEGUARD PREP:</u></b>      <b>Fri 7:30-8:30pm</b></p> <p>M \$140; NM \$259</p>	
<p><b><u>ADULT STAGES 1 &amp; 2 (18+YRS):</u></b></p> <p><b><u>WATER ACCLIMATION &amp; WATER MOVEMENT</u></b></p> <p><b>Tue 8:30-9:30pm      Sun 6:30-7:30pm</b></p> <p>M: 1X \$149 / 2X \$224; Non-M: 1X \$276 / 2X \$382</p>	
<p><b><u>ADULT STAGES 3 &amp; 4 (18+YRS):</u></b>      <b>Tue 7:30-8:30pm</b></p> <p><b><u>WATER STAMINA &amp; STROKE INTRODUCTION</u></b></p> <p>M \$149; NM \$276</p>	<p><b><u>AQUA EXERCISE: DEEP WATER (18+YRS):</u></b></p> <p><b>Members: FREE! Non-M: 1X \$91/ 2X \$130</b></p> <p><b>Tuesday, 6:30-7:30pm, with Joan</b></p> <p><b>Thursday, 6:30-7:30pm, with Joan</b></p>
<p><b><u>ADULT STAGES 5 &amp; 6 (18+YRS):</u></b>      <b>Sun 5:30-6:30pm</b></p> <p><b><u>STROKE DEVELOPMENT &amp; STROKE MECHANICS</u></b></p> <p>M \$149; NM \$276</p>	

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