

SPORTS & FITNESS



SPECIAL NOTE:

Registrants are advised to check with their doctors should there be any questions as to their ability to participate in any course. Any participant with a pre-existing medical condition must submit a doctor's note approving their participation in any fitness course.

AQUA AEROBICS

Exercising in the water is ideal for those just beginning a fitness program or recovering from an injury. The water supports some of your body weight enabling you to do more in the water than on land. Workouts take place in the shallow section of the pool. Swimming skills are not necessary.

OFFERED:	Fall	Tuesdays—9 weeks	7:30-8:30 PM
	Spring	Tuesdays—9 weeks	7:30-8:30 PM
	Pool	Resident Fee: \$50	Non-Resident Fee: \$55

Michele Yurman

GOLF INSTRUCTION FOR BEGINNERS/INTERMEDIATES

This is an instructional golf program for intermediates and beginners that includes: the basic fundamentals of grip, stand, posture, full swing and short game. Basic rules and etiquette will also be included in sessions. Students are required to bring: 7 iron, pitching wedge, putter, driver or fairway wood. \$30. paid to the instructor on the first night of class for mat, tees and balls.

(Limit 6 Students)

The 5 week curriculum will consist of the following:

- Week #1: Introduction to Full Swing Irons Fundamentals
- Week #2: Introduction to Full Swing Wood Fundamentals
- Week #3: Introduction to Putting Fundamentals
- Week #4: Introduction to Chipping Fundamentals
- Week #5: Review of Full Swing



OFFERED:	Fall—5 weeks	Wednesdays, Oct. 5, 12, 19, Nov. 2, 9	Section 1: 7:00-8:00 PM; Section 2: 8:00-9:00 PM
	Spring—5 weeks	Wednesdays, Feb. 29, Mar. 7, 14, 21, 28	Section 1: 7:00-8:00 PM; Section 2: 8:00-9:00 PM
	Café A	Resident Fee: \$60	Non-Resident Fee: \$65

Douglas Miller
PGA Golf Professional

KARDIO KICKBOXING

A low impact, non-contact introduction to the hottest, most efficient way to burn fat and calories. Form and confidence will build as the basics of self-defense — kicks, punches, and blocks — are worked out to today's hottest music. You'll have fun and relieve stress at the same time. Water, towel, and mat are needed, along with a desire to learn while you burn. **(Limit 30 Students)**

OFFERED:	Fall	Tuesdays—9 weeks	7:30-8:30 PM
	Spring	Tuesdays—9 weeks	7:30-8:30 PM
	Café B	Resident Fee: \$60	Non-Resident Fee: \$65

Martial Arts of America

LEARN TO SWIM

Get in the swim of things! This course is designed to teach **adults** the basics of swimming. Feel safe in and around the water. No previous knowledge of swimming required. **Adults Only.** Come join the fun!

OFFERED:	Fall	Tuesdays—9 weeks	8:30-9:30 PM
	Spring	Tuesdays—9 weeks	8:30-9:30 PM
	Pool	Resident Fee: \$55	Non-Resident Fee: \$60

Michele Yurman

OPEN SWIM—ADULT EDUCATION

The High School Pool is available for use by School District residents and non-residents on the sessions listed below. **This is not a swim instruction class.** For further pool and swim instruction information see **Community Information** on page 15.

OFFERED:	Fall	Wednesdays & Fridays—9 weeks	7:30-9:00 PM
*Fall Dates:		Wednesdays: Oct. 5, 12, 19, Nov. 2, 9, 16, 30, Dec. 7, 14	
		Fridays: Oct. 7, 14, 21, 28, Nov. 4, 18, Dec. 2, 9, 16	
	Spring	Wednesdays & Fridays—9 weeks	7:30-9:00 PM
*Spring Dates:		Wednesdays: Feb. 29, Mar. 7, 14, 21, 28, Apr. 4, 18, 25, May 2	
		Fridays: Mar. 2, 9, 16, 23, 30, Apr. 20, 27, May 4, 11	
		*Dates which pool is open for community use thru Continuing Education Program	
	Pool	Resident Fee: \$3 per session	Non-Resident Fee: \$5 per session

Pete Zito

