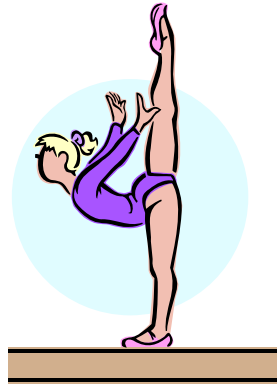


CLASS SCHEDULE

Gymnastics
SUMMER BREAK



Weight Watchers
Tuesday – 5:00 – 7:00 pm
Wednesday – 9:00-11:00 am

Clogging Class

Thur 6-9pm
Instructor: Amanda Weeks

Line Dancing

Mon 6-8pm
Instructor: Kathy McCrary

Yoga

Mon & Wed 8:30-9:30am
Instructor: Judy Hamlet

SPECIAL ACTIVITIES

Pool Parties can be scheduled for Fri 6-8 pm; Sat 10:30am -12:00 pm or 6-8 pm. The starting cost is \$50 per hour. If you are interested in scheduling a pool party, please come to the front desk Mon-Fri 7:30-3:30 to fill out paperwork and pay. Payment in full is expected for reservations.

FITNESS ROOM

Fees

Walk Ins	\$5.00 Daily
Individual	\$30.00 Per Month
Couples	\$45.00 Per Month
Family	\$60.00 Per Month
Senior	\$20.00 Per Month
Employees	(admission card - \$5.00)

Monthly fees are for Fitness Room ONLY

Annual Fee

Seniors	\$100.00
Senior Couple	\$150.00
Individual	\$200.00
Couple	\$250.00
Family (limit 4)	\$350.00
Additional	\$25.00



Annual Fees include entire Rec*Com

Ages:

18-Over
14-17 must be accompanied by an adult
13 and under not allowed

Hours of Operation

Mon – Thur 5:30 am – 9 pm
Fri – 5:30 am – 6 pm
Sat – 10 am – 6 pm
Sun – 1 pm – 5 pm

Dress Code Fitness Room

Proper attire must be worn at all times

- Shoes: Tennis shoes only; no work shoes, work boots, sandals, flip flops, or any open toed shoes are allowed in fitness room
- Shirts must be worn at all times
- No work clothes or street clothes
- No cut offs or blue jeans
- No swimsuits

It is recommended that everyone bring his or her own towel to wipe off equipment after use

JULY POOL HOURS

Monday

7:30-11:00am Adult Lap Swim
8:00-9:00 am Water Aerobics
9:00-11:00am Adult Swim
1:00-6:00pm Open Swim
6:00-8:00 pm SSA Swim Practice



Tuesday

7:30-11:00am Adult Swim/Lap Swim
1:00-6:00 pm Open Swim
6:00-8:00 pm SSA Swim Practice

Wednesday

7:30-11:00am Adult Lap Swim
8:00-9:00 am Water Aerobics
9:00-11:00am Adult Swim
1:00-6:00 pm Open Swim
6:00-8:00pm SSA Swim Practice

Thursday

7:30-11:00am Adult Swim/Lap Swim
1:00-6:00 pm Open Swim
6:00-8:00 pm SSA Swim Practice

Friday

7:30-11:00am Adult Lap Swim
8:00-9:00 am Water Aerobics
9:00-11:00am Adult Swim
1:00-4:00pm Open Swim
4:00-5:30 pm SSA Swim Practice

Saturday

1:00-5:30 pm Open Swim

Sunday

1:00-4:30 pm Open Swim

