



Winter - Spring 2010

Fife Community Swim Pool
 5410 20th Street E
 Fife, WA 98424
 253-922-7665

1ST CLASS FREE!

Monday, Wednesday, Friday

7:15 – 8:15 am Class Code: FCSP1

Monday/Wednesday (10x)

7:00 – 8:00 pm Class Code: FCSP3

Tuesday/Thursday (10x)

7:00 – 8:00 pm Class Code: FCSP5

Saturday (Every Sat for 10 weeks)

9:00 – 10:00 am Class Code: FCSP6

Session 4: Jan 11 – Feb 6 (4 WKS)

FCSP1: 11x = \$77, 8x = \$56 *

FCSP3: 7x = \$49* **FCSP5:** 8x = \$56

FCSP6: 9x = \$63 (Jan 11 – Mar 13)

*No Class 1/18 MLK day

Session 5: Feb 8 – Mar 13 (5 WKS)

FCSP1: 14x = \$98*, 10x = \$70

FCSP3: 9x = \$63* **FCSP5:** 10x = \$70

FCSP6: See above. Call to join.

*No Class 2/15 Presidents' Day

Session 6: Mar 15 – Apr 17 (5 WKS)

FCSP1: 15x = \$105, 10x = \$70

FCSP3: 10x = \$70 **FCSP5:** 10x = \$70

FCSP6: 10x = \$70 (Mar 15 – May 22)

Session 7: Apr 19 – May 22 (5 WKS)

FCSP1: 15x = \$105, 10x = \$70

FCSP3: 10x = \$70 **FCSP5:** 10x = \$70

FCSP6: See above. Call to join.

Session 8: May 24 – Jun 11 (3 WKS)

FCSP1: 8x = \$56*, 6x = \$42

FCSP3: 5x = \$35* **FCSP5:** 6x = \$42

*No Class 5/29 & 5/31 Memorial Day Weekend, No FCSP6 this session will begin again Session 9

Priority Registration:

Session 4: Dec 14 – 20 Session 5: Jan 25 – 30

Session 6: Mar 1 – 6 Session 7: Apr 5 – 10

Session 8: May 10 -15 Session 9: Jun 7 - 11

Version 2

If your goal is a leaner, stronger, fit body and want to have fun while you get there – **Aquarobics** is for you! Our water fitness program uses the water's resistance and buoyancy to promote quicker muscle tone and a vigorous cardiovascular workout. Our professionally trained instructors will inspire you to move and burn those calories away with all over body exercises set to your favorite tunes. This 60-minute workout will get you in shape while reducing the risk of injury and impact to your joints. Our shallow water workout does not require swimming skills and is perfect for all levels of fitness. You make the commitment to your health, we'll make it fun.

GET IN. GET FIT.

(425) 894-0045/(800) 817-8988
 INFO@ AQUAROBICS.NET
 WWW.AQUAROBICS.NET

Please make checks payable to: **AQUAROBICS**
 Mail to: PO Box 404, Redmond, WA 98073 or hand in to class instructor. Price includes all taxes and pool entrance fee. Returned checks are subject to a \$10 processing fee. 100% refund will be given if you cancel prior to the start of the session. 50% refund will be given if you cancel in the 1st week. No refund will be given after the 1st week. Refunds will not be given due to inclement weather conditions. There will be no AM classes if Fife School District is closed, delays and PM call the pool.