



# Summer - Fall 2010

## Fife Community Swim Pool

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

**Monday, Wednesday, Friday**  
7:15 – 8:15 am Class Code: FCSP1

**Monday/Wednesday**  
7:00 – 8:00 pm Class Code: FCSP3

**Tuesday/Thursday**  
7:00 – 8:00 pm Class Code: FCSP5

(Yes, you can combine ANY Classes for 15x per session!)  
**BEST PRICE!**

**Saturday (Every Sat for 10 weeks)**  
9:00 – 10:00 am Class Code: FCSP6

### Session 9: June 21 – July 31 (\*\*6 WKS)

**FCSP1:** 17x = \$127.50\* 12x = \$93

**FCSP3:** 11x = \$85.25\* **FCSP5:** 12x = \$93

**FCSP6:** 10x = \$77.50 (June 26-Sep11)

\*No Class Sat 7/3, Mon, 7/5 - Pool Closed

### Session 10: Aug 2 – Sept 11 (\*\*6 WKS)

**FCSP1:** 17x = \$127.50\*, 12x = \$93

**FCSP3:** 11x = \$85.25\* **FCSP5:** 12x = \$93

**FCSP6:** See above. Call to join.

\*No Class Sat 9/4, Mon 9/6 – Pool Closed

### Session 1: Sept 13 – Oct 16 (5 WKS)

**FCSP1:** 15x = \$112.50, 10x = \$77.50

**FCSP3:** 10x = \$77.50 **FCSP5:** 10x = \$77.50

**FCSP6:** 10x = \$77.50 (Sept 18 – Nov 20)

### Session 2: Oct 18 – Nov 20 (5 WKS)

**FCSP1:** 15x = \$112.05, 10x = \$77.50

**FCSP3:** 10x = \$77.50 **FCSP5:** 9x = \$69.75\*

**FCSP6:** See above. Call to join.

\*No Class Thurs 11/11 – Pool Closed

### Session 3: Nov 22 – Dec 18 (4 WKS)

**FCSP1:** 11x = \$82.50\*, 8x = \$62

**FCSP3:** 8x = \$62 **FCSP5:** 7x = \$54.25\*

**FCSP6:** 4x = \$31

\*No Class Thurs 11/25, Fri 11/26 – Pool Closed

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**

PO Box 404 Redmond, WA 98073

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. 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.

### Checks Due:

Session 10: Jul 19 – 24

Session 2: Oct 4 - 9

Session 4: Dec 6-11

Session 1: Aug 30 – Sept 4

Session 3: Nov 8 – 13

Version 1