



# Adult Aquatics 2012 Early Spring Session

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Adult Swimming Lessons

*Thursday 5:45-6:30 PM*  
Member: \$42.00  
Program Member: \$52.00

## Swim-Fit

*Monday/Wednesday/Friday*  
9:00-10:00 AM  
1X Week  
Member: \$18.00  
Program Member: \$36.00  
2X Week  
Member: \$26.00  
Program Member: \$56.00  
3X Week  
Member: \$34.00  
Program Member: \$72.00

## Senior Swim

*Monday-Friday*  
10:30-11:30 AM  
Member: Free  
Program Member: \$3.00/per visit

## Soaker Swim

*Tuesday or Thursday*  
2:30-3:30 PM  
Friday 12:30-1:30 PM  
Saturday 8:00-9:00 AM  
Member: Free  
Program Member: \$4.00/per visit

## Adult Water Aerobic

Fees for all Water Aerobics  
Classes listed below:

Member: \$22.00  
Program Member: \$52.00

## Aqua Aerobics

*Tuesday & Thursday*  
6:30-7:15 PM  
\*Will be pro-rated for missing one class due to the building closing early for the Annual Dinner. First class will be Thursday, March 1, 2012.

## Aqua Fit

*Tuesday & Thursday*  
8:00-8:45 AM  
8:45-9:30 AM

## Arthritis Foundation Water Aerobics

*Tuesday & Thursday*  
9:30-10:15 AM

### Registration Information:

\*\*Open Registration beginning: Saturday, February 11, 2012.

\*\*Classes will begin the week of: February 27, 2012

### Membership Information

#### Program Memberships

These Memberships are active for one full year. And they allow you to take programs and classes at the Y.  
Individual: \$30.00/yr.  
Family: \$50.00/yr.

### GREATER HOLYOKE Y

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