

SPLASH AND RELAX . . .



Early A.M. Water Walk/Water Exercise

7:30 – 8:30 a.m. Monday – Friday

May 24 – August 13



WATER EXERCISE BIRTHDAY'S

May

Phyllis Heise
Janice Thurs
Lorraine Martyn
Jennifer Passehl

June

Joan Campbell
Margaret Schlais
Harvey Withhite
Avila Tolk

July

Ann Hanks
Ron Beckman
Jo Beckman
Leonard Leffel
Marie Knetter



Summer Water Aerobics May 25-August 12

(12 weeks of class)

Tuesday & Thursday Nights 6:30-7:15 pm.



M.A.S.A. Adult Incentive Program

This year-round incentive program will keep members motivated to stay physically active in the water.

LAP SWIMMERS can earn a \$10.00 M.A.S.A. gift certificate for each 50 miles they swim. To earn your credit, you must log in your miles so we can post them on the mileage chart in the pool area.

WATER FITNESS participants can earn a \$5.00 M.A.S.A. gift certificate for every 50 times they work out a minimum of 30 minutes. To earn your credit you must sign in at the front desk and we will post a monthly progress chart.

For more details or to see if you are eligible, stop by the front desk.



Call us at:
715-443-3772

