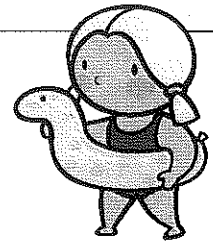


aquatic programs

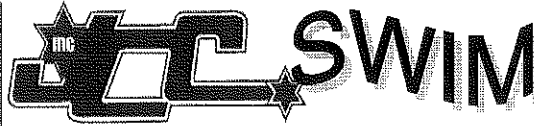


Spring Session April 13—June 21, 2009

The Community Campus 1775 Oak Tree Road, Edison 732-494-3232



Water Fitness Card
\$50 for 10 visits
used for Aquatic Exercise Classes.



Pool is Closed
April 7,8,9 and 10
No ARC lessons, Apr. 12,15,16
May 24 & 25

Adult Aquatic Exercise Classes...

AquaFit— meets 20x Tuesday/Friday 10-11am
\$20 w/Adult or Family membership

Water Works— meets 10x Thursday 12-1pm
\$10 w/Adult or Family membership

Arthritis Foundation Aquatic Program (AFAP)
meets 20x Monday/Friday 11-11:45am
\$20 w/Adult or Family membership

Suggestions for Parents:

- Please arrive 5 minutes prior to the start of class.
- Bathing caps are required for all children with hair past ears. We have them for sale at the front desk for your convenience.
- Please bring a towel from home.
- Bring swim goggles from home. They limit irritation from chlorine.
- Please use the locker room for changing your child's clothes.
- Encourage your child to use the bathroom before class.
- If you miss a class, call Janice to arrange to attend an alternate class, space permitting. ONLY ONE MAKE-UP per session is permitted.
- Refunds are not available. A credit for 50% of the remaining class balance is only available with written approval from the Director.

American Red Cross Swim Lessons (ARC)

All Classes Meet 8x's for 30 minutes

Fees: \$65.00 w/Family Membership \$81.00 w/Youth Membership
\$99.00 Adult Non-Members

	Sunday	Monday	Tuesday	Wednesday	Thursday
ARC Level 1 3-6 years	10:00am 11:30am	4:00pm	3:30pm 4:00pm 7:30pm	3:30pm	5:00pm 7:30pm
ARC Level 2 4-8 years	10:30am 11:00am	4:30pm	4:30pm	4:00pm	4:00pm 8:00pm
ARC Level 3 5-9 years	11:00am 12:00pm	5:00pm	5:00pm 8:00pm	4:30pm	4:30pm
ARC Level 4/5 6yrs & up	11:30am	5:00pm	7:30pm	5:00pm	-
Adult/ Teen 17 yrs & up	9:30am	-	8:30pm	↔ beginner ↔	11:30am 8:30pm Adult

Private Swim Lessons...

ages 3 years to adult

One-on-One Instruction

(1 student)

\$30 per 30 minutes

Semi-Private Instruction

(2 students)

\$35 per 30 minutes

Call
Janice Clark
Aquatic Director
JCC ext. 610

Parent/Child Lessons

Fees: \$65.00 w/Family Membership
\$81.00 w/Youth Membership

Water Babies - (6 to 30 mos.) meets 8x
Get comfortable in the water and have FUN!
Sun. 9:30am or Wed. 10:45am

You and Me Baby (2 1/2 to 4 yrs.) meets 8x
A great way to spend time with your child while learning in the pool!
Sun. 10:00am or Wed. 10:45am

Prenatal Aquacise

Exercise in the water is an excellent way for pregnant women to stay fit and have fun. Water provides the natural resistance for toning and cardio.
Thurs. 10-10:45am F=\$45 A=\$55 8wks