

Brockton Community Schools

Adult Aquatics Winter 2018

Aqua Exercise Combo - Mon. & Wed. 7:30PM—8:45PM

Instructors: Glynn/Poliseno

Are you looking for a FUN and FIT way to get moving? This is the class for you! Join this class to boost your energy, strengthen your core and burn fat with a **TOTAL BODY WORKOUT!**

Each class combines deep water and shallow water workouts, excellent for men and women of all fitness levels, with or without limitations. This low impact class is great for those with arthritis or joint conditions. You will have a FUN evening and leave feeling challenged and refreshed.

Bring drinking water. Aqua sneakers are recommended. Resistance gloves are welcome but not necessary. Use of buoyancy belts and other equipment will be provided.

Swimming skills are not required but you should be comfortable in the water. You will not be going under water but you may get splashed.

Adult Learn & Swim - Tues. & Thurs., 7:15PM - 8:30PM

Instructors: Glynn/Poliseno

Has lack of confidence and skill kept you out of the water? Do you watch the pool party instead of joining it? Have you ever wished you could swim across a pool? Are your children swimming past you? If you answered **YES** to any of these questions, **this class is for YOU!** Working with our trained, caring and patient instructors, you will learn basic swim strokes to become comfortable in the water while gaining confidence to achieve your personal goals. We also offer an intermediate/ advanced class for those who would like to swim at a more advanced level.

This class is multi-level so you will progress at your own pace. Space is limited to allow for unique individual attention

**Adult Combo:
\$90**

**Adult Learn &
Swim : \$85**

January 2018			
MON	TUE	WED	THU
29	30	31	1
February 2018			
5	6	7	8
12	13	14	15
19	20	21	22
26	27	28	
March 2018			
			1
5	6	7	8
12	13	14	15
19	20	*21	*22

Monday/Wednesday Classes (12 classes) Tuesday/Thursday Classes (10 classes) NO CLASS

WHEN THERE IS NO SCHOOL; THERE WILL NOT BE CLASS

* Last Class

Visit our website for updated information and course/class cancellations.

Brockton Community Schools is not responsible for lost or stolen personal property including any type of electronic device. Students who carry these items do so at their own risk.



BROCKTON
COMMUNITY SCHOOLS
PLAY. MOVE. LEARN. GROW.

