

BROCKTON COMMUNITY SCHOOLS

Adult Aquatics Program - Spring 2018

[Choose Adult Programs](#) then our [Spring Catalog](#)

Brockton High School Pool
470 Forest Avenue
Brockton, MA 02301
Cynthia Glynn/Gina Polisenio

Aqua Exercise Combo

Mondays and Wednesdays 7:15-8:30 PM
\$105

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. Use of buoyancy belts and other equipment are provided.

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

Adult Learn & Swim

Tuesdays and Thursdays 7:15 to 8:30 PM
\$130

Over come your aquatic fears and gain confidence in this unique instructional class. Working with our trained, caring and patient instructors, you will learn the basics of swimming to become comfortable in the water and achieve your personal goals.

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

Lap Swim

Tuesdays and Thursdays 7:15 to 8:30 PM
\$80

Designated lap swim lanes are available in our 25 yard pool. This is for intermediate /advanced swimmers looking to swim at their leisure. We provide pool equipment; workouts are available.

Sharing lanes may be expected.

April 2018

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

May 2018

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31*		

June 2018

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6*	7	8	9



BROCKTON
COMMUNITY SCHOOLS
PLAY. MOVE. LEARN. GROW.



No classes held

14 classes

* Last Class

16 classes