

Water Aerobics at Latshmere Swim Club

Water aerobic exercise in a pool is less rigorous and lots of fun. Tone up with this well-balanced workout that blends water exercise and strength training. Bring either noodle or belt/weights to class. Purchase a punch card that will allow the flexibility to attend a class that works with your schedule. Punch cards may only be used by the purchaser. All punch card sales are final and no refunds will be issued for partially used cards. Punch cards will be issued when you register for class. Please contact Terri Landis at Latshmere Swim Club with any questions.

Wednesday and Friday
Beginning Date – June 29, 2016
Ending Date – August 10, 2016
11:00AM – 12:00PM

Tuesday and Thursday
Beginning Date – June 28, 2016
Ending Date – August 9, 2016
6:00PM – 7:00PM



Punch cards will cost \$25.00 a card and will have of 6 punches (classes) per card. Registration information is available at the Latshmere Swim Club front desk or on our website www.latshmereswimclub.club Participants may also pay by day for classes at the cost of \$5.00 per class.

Registration Information

Name _____

Address _____

Phone Number _____ Email _____

Instructor – Jackie Cameron