

# Nassau County Aquatic Center

NASSAU COUNTY DEPT. OF PARKS, RECREATION & MUSEUMS

## 2009-10 Winter Session

### Aquatic Fitness Classes

Registration starts on Sunday, Nov. 15<sup>th</sup> at 7:00 am

#### Adult Registration Rules:

- Leisure Pass is required at time of registration. We cannot look up a Leisure Pass in the computer.
- Sign up is first come, first serve and must be done in person. Places in the line cannot be held for someone else. Upon arrival, you must go to the end of the line.
- Payment in full is due at the time of registration. No refunds or make-ups are allowed.
- Registration is on-going during business hours until classes fill.

### AQUATIC FITNESS CLASS SCHEDULE

Check brochure or website for class descriptions. All classes are 1 hour unless otherwise noted.

Monday	Tuesday	Wednesday	Thursday	Friday <i>Classes start 1/8</i>	Sunday
<b>11 a.m. start:</b> Aquaerobics  <b>6 p.m. start:</b> Youth Fit Swim (17 & under)  <b>8 p.m. start:</b> Aquajog	<b>9 a.m. start:</b> Aquajog	<b>11 a.m. start:</b> Aqua Dance/Pilates	<b>9 a.m. start:</b> Aquajog	<b>7:45 a.m. start:</b> Fast Break Aerobics ½ hr. class \$12.00  <b>8:15 a.m. start:</b> Adult Fit Swim (18 & over)	<b>1 p.m. start:</b> Aquajog
		<b>12 p.m. start:</b> Joint Efforts	<b>12 p.m. start:</b> Fast Break Aerobics ½ hr. class \$21.00	<b>12 p.m. start:</b> Fast Break Aerobics ½ hr. class \$12.00	
		<b>7 p.m. start:</b> Youth/Adult Fit Swim (13 & over)	<b>6 p.m. start:</b> Hydrosculpt	<b>1 p.m. start:</b> Adult Fit Swim (18 & over)  <b>6 p.m. start:</b> Youth Fit Swim (17 & under)	

#### DATES & FEES\*

<b>Mon.:</b>	Fee: \$ 55.00, 10 Classes	Starts: 11/23 - Last Class: 1/25	10 Straight weeks
<b>Tues.:</b>	Fee: \$ 55.00, 10 Classes	Starts: 11/24 - Last Class: 1/26	10 Straight weeks
<b>Wed.:</b>	Fee: \$ 55.00, 10 Classes	Starts: 11/25 - Last Class: 1/27	10 Straight weeks
<b>Thurs.:</b>	Fee: \$ 38.50, 7 Classes	Starts: 12/3 - Last Class: 1/28	No Class: 11/26, 12/24, 12/31
<b>Fri.:</b>	Fee: \$ 22.00, 4 Classes	Starts: 1/8 - Last Class: 1/29	4 Straight weeks (starts 1/8)
<b>Sun.:</b>	Fee: \$ 44.00, 8 Classes	Starts: 11/29 - Last Class: 1/31	No Class: 12/6, 12/13

*\*Discounts offered for taking multiple classes. Note: water and land fitness classes can be combined for discounts (does not include specialty classes).*

<u>Discounts</u>	<u>1 Hour Classes</u>	<u>½ Hour Fitness Classes</u>
2 classes per session	\$11.00 discount (off total)	\$5.00 discount (off total)
3 classes per session	\$24.00 discount (off total)	\$10.00 discount (off total)
4 classes per session	\$40.00 discount (off total)	\$15.00 discount (off total)

**ALL SCHEDULES ARE SUBJECT TO CHANGE**