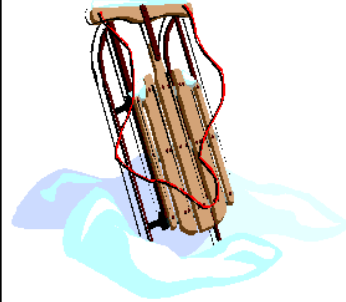


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**ROCK AND WAVE**

Bring your inner tubes and super soakers and splash into fun! Gather the family and friends for Friday night fun at Rock and Wave. Be prepared to listen to loud music and splash away. For safety reason inner-tubes must have a short valve.  
We do not allow other floatation toys or rafts.  
Sorry no snow tubes.

**WHEN: Fridays 7:15—8:15pm**  
**FEE: \$2.00**  
**LOCATION: Mike Smithers Pool**



**Dollar Swim**

Bring all your family and join the fun at this discounted swim  
Everyone gets in for the bargain price of \$1.00 each

**BOTH POOLS**  
Saturday & Sunday  
3:30 - 4:30pm

**WARM POOL ONLY**  
Monday & Wednesday  
**4 - 5pm**  
Fridays  
**4 - 6 pm**

**OPEN SWIM**

Bring the whole family to the Mike Smithers pool and have a splash of a time at open swim!  
Sauna is available during this swim  
(Sauna users must be at least 18 years old)

**WHEN:**  
**Monday & Wednesday 7:15 - 8:15pm**  
**Monday & Tuesday 1:15 - 2:45pm (NEW)**  
**Saturday & Sunday 1:15 - 3:15pm**  
**Cost \$2.00 per person**

**TOT SWIM**

Moms, dads, and babysitters can bring their children (ages 5 and under) to this special time set aside for toddlers. Toys and kick-boards are available for the kids to play and have fun. Children must be accompanied in the pool by an adult. Come join the FUN.

**AGE LEVEL: 5 and under**  
**WHEN: Fridays, 11:15am - 12:45pm**  
**FEE: \$1.50 each (3 and under free)**  
**LOCATION: Mike Smithers Warm Pool**

**NO TOT SWIM ON 12/24 & 12/31**

**SENIOR/THERAPY SWIM**

This special swim is for senior citizens and people who need to use the pool for therapy. The Mike Smithers Pool has both a lap pool and a warm water pool for swimming and therapy. Enjoy the nice warm sauna after your swim.

**AGE LEVEL: 50+ or**  
**at a therapist or doctor's request**  
**WHEN: December, January & February**  
**M - F 9 - 10am Both Pools**  
**M - F 3 - 4pm Warm Pool Only**  
**FEE: \$1.50**  
**\*\* 10 Punch Pass \$10.00 \*\***



**SPECIAL HOLIDAY ROCK AND WAVE**

Looking for something to keep the kids busy during the holiday break? Bring them to our special theme swims!

**December 20th - 31st M - F 1:15 - 2:45pm**

**Cost: \$1.00**

- 12/20 - Canned food drive - Bring a non-perishable food and swim for FREE
- 12/21 - Rock and Wave - \$1.00 (Bring your short Valve inner-tube and rock away)
- 12/22 - Bring a neatly colored holiday coloring page and swim for FREE
- 12/23 - Swim with someone who is a member of any branch of service and the whole family swims for free.
- 12/24 - POOL CLOSED
- 12/27 - Coupon day - Find the secret coupon in this brochure, cut it out and present it to the cashier and swim for free (one coupon per family)
- 12/28 - Buddy day! Bring your friends, family or spouse and 2 of you swim for the price of one!
- 12/29 - Rock and Wave - \$1.00 (Bring your short Valve inner-tube and rock away)
- 12/30 - \$1.00 swim
- 12/31 - Ring in the NEW YEAR! Just bring in something that has 2011 on it and swim for free !

**AQUATIC ARTHRITIS CLASS**

1322.410

This special arthritis class is for those who suffer from arthritis . Class emphasizes on exercises that relieve pain and stiffness.

WHEN: Jan 4 - February 17th-T & Th 12 - 12:45pm

COST \$15.00 for session or \$2.00 drop in fee

**WEEKDAY OPEN SWIMS!**

We have expanded our weekday OPEN SWIMS! Everyone is welcome to join the fun at this special day time open swim! On Tuesdays we will have 2 lanes available for lap swimmers!

Days: Mondays & Tuesdays

Time: 1:15 - 2:45pm

Cost :\$2.00

NO SWIM ON TUESDAY 11/30 or 12/14

**SWEETHEART OF A SWIM**

Bring that special person on this special day and one of you swims for free. If you already have a fitness pass bring your spouse or sweetheart in for free!

AGE LEVEL: All

WHEN: February 14th, Monday

Fitness 5 - 8am, 11am -1pm or

6 - 7pm

Open Swim 1:15 - 2:45 or 7:15-8:15pm

LOCATION: Mike Smithers Pool

**AQUA AEROBICS**

1321.410

Jump start your day with this morning aqua aerobic class. This class tones the whole body with aerobic benefits. The body is almost weightless in the water, which makes it ideal for increasing lower body strength, power and agility through these exercises. Challenging deep water exercise will be done on Wednesdays.

November 29 - February 25th

(No class 12/20 - 12/31)

Monday, Wednesdays and Fridays

6:30am - 7:30am

Class held at the Mike Smithers Community Pool

\$75.00

Aqua shoes are advised for the comfort of your feet.

ACE & AEA certified instructor Deborah Harney

