

## Water Exercise Programs

*\*Your first class is always free!\**

**CORE CONNECTION** A high intensity, focused workout to help you become more aware of your core muscles and the benefits of core strength and stability. A great way to improve your posture while getting an aerobic workout!

Tue/Thu 7:15 – 8:00 AM

**DEEP WATER EXERCISE** A zero-impact, high energy aerobic class that is great for strength, conditioning, and range of motion. This class focuses on working your core muscle groups, abs, gluts, and thighs. Come try this fun class!

Monday - Saturday 8:30 – 9:30 AM

Monday, Wednesday 8:00 – 9:00 PM

**SENIOR WATER EXERCISE** A 60-minute, drop-in, exercise class designed to increase flexibility and range of motion during an aerobic workout. This class can challenge all fitness levels. Beginners are always welcome.

Spring: Monday, Wednesday, Friday 10:00 – 11:00 AM

Summer: Monday, Wednesday, Friday 11:00 AM —12:00 pm

### Water Exercise Fees

Single Class (Adult)	\$6.75
Single Class (Senior)	\$4.50
10 Punch (Adult)	\$62.50
10 Punch (Senior)	\$42.00
30 Punch (Adult)	\$174.00
30 Punch (Senior)	\$123.00



## NORTHWEST CENTER POOLS

# Spring/Summer 2009 Recreational Swims

Spring: April 6—June 21

Summer: June 22—Aug 29

### Redmond-Hartman Pool

17535 NE 104<sup>th</sup> St.

Redmond, WA 98052

425-233-3031

[www.nwcenterpools.com](http://www.nwcenterpools.com)



**75% of the world is covered in  
water... can you swim?**

### Hours of Operation

Mon—Fri 5:45 AM – 9:00 PM

Saturday 8:00 AM – 2:30 PM

Sunday 9:00 AM – 2:30 PM

*Building opens 10 minutes before the first program of the day. Building closes 15 minutes after the last program.*

### Holidays

Closed Monday May 26, Memorial Day

Closed Sat July 4, Independence Day

Closed Monday Sept. 7, Labor Day

### Short Schedule Sun Aug 30

11:30 am – 1:00 pm Lap/Family Swim

1:00 – 2:30 pm Public Promo Swim (\$2)

## Recreational Swimming

**LAP SWIM** is an excellent opportunity for swimmers of all abilities to exercise or work on their skills. The pool is divided into slow, medium, and fast lanes to allow for different paces and workout needs. Please circle swim with three or more swimmers. Please note: \*Spring only. \*\*3 lanes only Mon & Wed PM.

### All Lap Swim Fees

Adult	\$5.25
Youth	\$4.00
Senior (age 60+)	\$3.50
Person with a disability	\$1.00
10 Punch (Youth)	\$35.00
10 Punch (Adult)	\$45.00
10 Punch (Senior)	\$30.00
10 Punch (Person with a disability)	\$10.00

M, W, F	5:45 – 7:30 AM
Tue, Thu	5:45 – 7:15 AM
Mon — Fri (3 lanes)*	8:30—9:30 AM
Mon – Sun	11:30 AM – 1 PM
Monday – Friday**	8:00 – 9:00 PM
Saturday (3 lanes)	8:00 – 9:15 AM

**SENIOR LAP SWIM** is an opportunity for seniors to come in and swim laps with other people their age. This is a great opportunity for low impact exercise and bonding with other seniors.

Senior age 60+

Mon/Wed/Fri	10:30 - 11:30 am
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**FAMILY SWIM** is a time set aside for families in the shallow end of the pool. This is a great opportunity for kids and adults to practice in a quieter setting. All children under the age of 18 must be accompanied by an adult while in the water. \*Summer: M—F 12—1 pm, Sa/Su 11:30 – 1

Mon—Sun*	11:30—1 pm
Fri	6:05—7 pm (\$3)
Sat	8—9:15 am

### Family Swim Fees

Youth	\$4.00
Adult	\$4.00
Senior (age 60+)	\$3.50
Person with a disability	\$1.00



## Recreational Swimming

**PUBLIC SWIM** is a time for kids and families to practice their swimming skills or just to have fun. Floats, mask, fins and snorkels are welcome. Children wishing to swim in the deep must pass a swim test. All children under six (6) years of age or less than 3'6" in height must be accompanied by an adult into the water.

### Public Swim Fees

Youth	\$4.00
Adult	\$4.00
Senior (age 60+)	\$3.50
Person with a disability	\$1.00

**Summer Public swim Mon—Fri 1—2:30 pm \*starts Monday June 29**

Mon/Wed	7:15 – 9 PM* 8 - 9 shallow end only
Tue/Thur (\$2)	7:15 – 8 PM
Friday	7 - 9 PM* 8 - 9 PM shallow end only
Saturday	1:00 – 2:30 PM
Sunday (\$2)	1:00 – 2:30 PM

**School's Out Public Swim!** Bonus afternoon public swims from 1—2:30 pm. Standard public swim rates and rules apply.

**Friday May 22**

**Tuesday June 16**



### PASS FEES\*

	3 mo.	6 mo.	Year
Adult	\$165.00	\$235.00	\$405.00
Senior	\$105.00	\$165.00	\$235.00
Youth	\$105.00	\$180.00	\$260.00
Family	\$270.00	\$360.00	\$610.00

\*passes not valid for water exercise and are for individuals. Family pass is good for members of the immediate family listed on the account.

*Receive 10% off Swim Lessons during the term of your membership of your family, adult or senior annual pass.*