

OPEN SWIM/AQUASIZE CLASS WEEKDAY PROGRAM AT THE LYNDHURST COMMUNITY POOL

FREE INTRODUCTORY CLASS FOR NEW MEMBERS!!

\$10 OFF FOR A NEW REFERRAL

Water exercise specialists Joann and Vicki will be conducting a wonderful exercise class at the pool. Aquasize, a light water aerobics class, is a great way to improve the quality of your life. The class gives you a great workout with less stress on the knees and joints. Benefits of this class include weight loss, muscle memory, and strengthening of joints. *If you are new to aquasize, please feel free to try one session before signing up!!*



WEDNESDAY CLASSES START ON SEPTEMBER 4TH AND RUN THROUGH NOVEMBER 20TH.

FRIDAY CLASSES START SEPTEMBER 6TH AND RUN THROUGH NOV 22ND.

Wednesday classes start at 9:30 AM

Friday classes start at 11 AM

Those who register for Aquasize will also have access to Open Swim at the pool on
Monday, Wednesday, and Friday during daytime hours

Check the Fall Schedule starting after September 2nd for new hours of operation

CLASS IS OPEN TO ALL! RESIDENTS AND NON-RESIDENTS ARE ELIGIBLE

THE COST FOR THE 12-WEEK PROGRAM IS:

\$90 FOR LYNDHURST RESIDENTS; \$95 FOR NON-RESIDENTS. Check or Credit Card only.

For more information email poolinfo@lyndhurstnj.org or to sign up for classes, contact the Lyndhurst Parks and Recreation Office located at 250 Cleveland Avenue, Lyndhurst NJ 07071, (201) 804-2482.

*****NO REFUNDS FOR ANY REASON*****

NAME: _____

ADDRESS: _____

PHONE _____

EMAIL: _____

For Department Use Only:

Make checks payable to: *Township of Lyndhurst*

DATE PAID: _____ **AMOUNT:** _____ **Credit Card** **Cash** **Check #** _____