

# 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 NOVEMBER 28<sup>TH</sup> AND RUN THROUGH FEBRUARY 13<sup>TH</sup>.**

**FRIDAY CLASSES START ON NOVEMBER 30<sup>TH</sup> AND RUN THROUGH FEBRUARY 15<sup>TH</sup>.**

*Wednesday classes start at 9:00 AM.*

*Friday classes start at 11:00 AM.*

Those who register for Aquasize will also have access to Open Swim at the pool on Monday, Wednesday, and Friday during daytime hours  
(Monday 10A-1P, Wednesday 9A-12P, and Friday 10A-1P),

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.**

For more information email [poolinfo@lyndhurstnj.org](mailto: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:**

DATE PAID: \_\_\_\_\_ AMOUNT: \_\_\_\_\_ Credit Card Cash Check # \_\_\_\_\_