

AQUATICS

PUBLIC SWIM FEES

Under 2\$1.00 per entry
2 years – 12 years\$3.00 per entry
13 years – 17 years\$3.50 per entry
18 years – 59 years\$4.00 per entry
60 & Older\$3.00 per entry

POOL RULES

For the protection & enjoyment of all aquatic patrons, we ask that you familiarize yourself with the program and facility regulations.

1. All patrons must **shower** before entering the pools.
2. **Proper swimsuits** are required for those entering the pool, no cut-offs of any type or t-shirts allowed. Metal exposed zippers, buckles, rivets or metal ornamentation are not permitted.
3. Adults of **Children age 3 and under** must be in the water within arms reach at all times. (1 to 1 ratio).
4. Upon arrival at the Aquatic Center children who need adult supervision will be given a wristband matching one that will be given to the parent/guardian. Wristbands will be issued and must be worn by both parent/guardian and child at all times.
5. **Children under the age of 3 must be fitted with a swim diaper and snug fitting plastic pants.**
6. **Children ages 4 through 6** must be supervised by an adult in the water at all times (1 to 2 ratio).
7. **Children 8 years old and younger** must be accompanied by an adult at all times.
8. **Children under 12 years** may play on and be in the AquaPlay area
9. **No foods, drink, or gum** permitted in the dressing rooms or the pool area.
10. **Children of the opposite sex**, over 5 years of age, must change in the appropriate dressing room or the family changing room.
11. **Inflatable toys**, mattresses or water wings are not allowed.
12. **Glass or other breakable** objects are not allowed in the facility.
13. **No food, drink or gum** permitted inside the facility.
14. No cell phone use in the locker rooms.
15. A complete list of pool rules is available at the Anderson Recreation Center & Lompoc Aquatic Center

POOL CLOSURES

November 28 through January 1, 2012
 (Pool repairs and cost savings)
 Easter, Sunday, April 8

Additional Recreation Swim Opportunities 1PM – 3PM:

- LUSD Winter Break, January 2 – January 8
- Martin Luther King Day, Monday, January 16
- Lincoln Day Observance, Monday, February 13
- President’s Day, Monday, February 20
- Non-School Day, Friday, March 9
- Spring Recess, April 2 through April 8
- Memorial Day, Monday, May 28

RECREATIONAL SWIM

It doesn't have to be hot outside to enjoy some serious "splash time". At the Lompoc Aquatic Center, every weekend is "water time". Join us for tons of water FUN!!! Grab your suit, friends, family, and head down to the Lompoc Aquatic Center for fun on one of the two 125-foot water slides, the shallow lap pool or more than 20 interactive features on the Aqua Play Center, which includes twin waterslides, water cannons, cargo nets, and the famous "bucket".

Ages: All
 Day: **Fridays NEW**
 Time: 6:30 PM – 8:00 PM
 Days: **Saturdays and Sundays**
 Time: 1:00 PM – 3:00 PM

Sun Lotion

The Lompoc Aquatic Center is a unique indoor facility with retractable ceiling panels. During warm sunny days, the ceiling panels may be open to bring the outdoors in for the enjoyment of our pool users. You may wish to use skin protection such as, hats, rash guards, and water proof sun-screens. If you choose to use a sunscreen please make sure you apply it

- 30 minutes before entering the pool.
- Sunscreen is a filter that must be applied to the skin 20-30 minutes before exposure.
- Sun Block (zinc oxide & titanium dioxide) is not absorbed and the blocking effects are immediate.
- Please use only water-proof products.

INNER TUBES

For only one dollar you can rent one of our water park inner tubes to float around the Competition Pool with your friends (All tube users must be able to demonstrate their ability to swim to participate in the all deep Competitive Pool).

FEE: \$1.00

Locker Rentals

No need to bring a lock or worry about your valuables, we have ample lockers available to secure your clothes and valuables while you are enjoying our facility.

FEE: \$.25

FAMILY SWIM

We are offering quiet swim opportunities for you to enjoy together with the members of your family in our warmest pool. This is a great way to experience swimming in slower and quieter recreational opportunities in our very warm 90-degree therapy pool. This pool is only for those family members interested in a more passive recreational opportunity.

Ages: All
 Days: **Saturdays and Sundays**
 Time: 1:00 PM – 3:00 PM

PARENT & TOT SWIM

We have set time aside for infants and toddlers to experience and enjoy the wonderful world of aquatics with their adult companions. This quiet time will allow you to enjoy quality time together in the 85 degree Aqua Play area. This area ranges in depth from 0 to 2.5' deep. Children are required to wear swim diapers, covered with plastic pants. **The water features are not on at this time.**

Monday - Saturday
 Ages: Infant & Toddler with Parent
 Days: **Monday - Saturday**
 Time: 11:30 AM – 1:00 PM

RENT THE POOL

Several areas are available to rent for your group. The Aqua Play at \$75.00 per hour, The Activity pool at \$150.00 per hour and the patio for \$40.00 per hour, are some of your options. For more information about rental availability please call the Anderson Recreation Center at 875-8100.

The rental times are as follows:

Saturdays:

10:00 AM – 11:30 AM • 3:15 PM – 5:15 PM
 5:30 PM – 7:30 PM

(Available if the 3:15 PM slot has been rented)

Sundays:

10:00 AM – 11:30 AM
 (Available if the 11:30 AM slot has been rented)

11:30 AM – 1:00 PM • 3:15 PM – 5:15 PM
 5:30 PM – 7:30 PM

(Available if the 3:15 PM slot has been rented)

*Please note that the pool will be cleared 10 minutes prior to the rental end time to allow sufficient time to clear the building

** 1 ½ hour minimum pool rental required.

LAP SWIM

Lap Swim is available at varying times in the competition pool and the activity pool lap swim lanes. While the program is geared towards adults, youth participants are welcome but may be asked to demonstrate their swimming ability to a certified lifeguard before being allowed to participate in lap swim.

Ages: 14 & up
 Fee: \$4.00 per entry
 \$3.00 (60+)
 \$35.00 per month*
 \$30.00 (60+)
 \$85.00 3-month*
 \$75.00 (60+)

*Discounts are applied if registering for 3 consecutive months.

WARM WATER LEISURE – THERAPY POOL

Enjoy the soothing properties of the 90 degree therapy pool in our 30' x 50', 3.5' to 4.5' deep pool. The therapy pool allows you to walk or swim in the warm water at your own pace during many of our lap swim times. There is easy access from the deck by the way of our long and gentle, sloping ramp in addition to the traditional stair entry. The Lompoc Aquatic Center also has two wet wheelchairs for use to enter and exit the water.

Ages: 14 & up (A quiet time reserved for adults and persons with disabilities). **Patron under the age of 14 may use the Therapy pool if they provide a physician's prescription that states the need for this facility. There is no recreational play in this pool.**

Fee: \$4.00 per entry
 \$3.00 (60+)
 \$35.00 per month*
 \$30.00 (60+)*
 \$85.00 three month*
 \$75.00 (60+)*

Sessions: 001 Jan 3 – May 31

Days: **Monday - Thursday**
 Times: 5:00 PM – 6:30 PM

Days: **Monday – Saturday**
 Times: 11:30 AM – 1:00 PM

*Discounts are applied if registering for 3 consecutive months

DROP-IN WATER POLO

Each Wednesday night from 6:30 PM to 8:00 PM join local current and past polo players as they scrimmage in organized games. Local coaches and local legends officiate these games to ensure fair play in this demanding sport. Due to the popularity of this program, the Competition Pool will be divided into two games to accommodate different levels of play.

FEE: \$3.00

LAP SWIM - POOL & LANE AVAILABILITY • JANUARY 3 - JUNE 8, 2012



Time	Mon & Wed			Tues & Thurs			Fri			Sat			Sun
	Comp	Rec	Ther	Comp	Rec	Ther	Comp	Rec	Ther	Comp	Ther	Rec	Comp
5:45 am	10	4					10	4					
6:00 am	10	4					10	4					
7:00 am	10	4					10	4					
7:30 am	10	4					10	4					
8:30 am										8	4		
9:00 am										8	4		
9:30 am	10			10			10			8	4		
10:00 am	10			10			10						
10:30 am	10			10			10						
11:00 am	10			10			10						
11:30 am	10	4	*	10	4	*	10	4	*	10	4	*	
12:00 am	10	4	*	10	4	*	10	4	*	10	4	*	
12:30 am	10	4	*	10	4	*	10	4	*	10	4	*	
1:00 pm										10			
1:30 pm										5			5
2:00 pm										5			5
3:00 pm										5			5
4:00 pm		2			2								
4:30 pm		2			2								
5:00 pm	4	2	*	4	2	*	4						
5:30 pm	4	2	*	4	2	*	4						
6:00 pm	4	2	*	4	2	*	4						
6:30 pm		4		6			10						
7:30 pm		4		6			10						

mark your calendar for the.....

THIRD ANNUAL BOAT FLOAT!

SATURDAY MAY 5, 2012

Design and Build a human powered boat made of corrugated cardboard, capable of racing a 100-yard "M" shape course, in the competitive pool, at the Lompoc Aquatic Center. We're all in this to enjoy a great event, be with friends, and try some outrageous inventions.

Please remember, the idea is to explore the inherent characteristics of corrugated cardboard while being creative in meeting the challenge, "Stay Afloat."

- CLASS I boats must have 2 passengers. No more than 5 crewmembers.
- CLASS II boats must have a minimum of 3 and a maximum of 4 passengers.
- CLASS III boats, the "Instant Boats" are to be designed and built on site the day of the event with only the materials provided in your purchased boat kit. Construction will begin at 8am and conclude at 11:30am.

Boats must be able to fit through our door opening (6'6" x 6'6") and no longer than 12' in length.

Business "Small" (Under 10 employees)	\$50/team
Business "Large" (over 10 employees)	\$50/team
Organizations Team	\$50/tea
Schools	\$25/team
Elementary	
Middle	
High	
College	
Instant Boat Kits	\$50/team

PRIVATE/SEMI PRIVATE LESSONS

Our private lesson program has been changed to help alleviate the long wait for private lessons. The Private (1:1 ratio) and Semi-Private (1: 2-4 ratio) swim lessons will follow our new guidelines. Private lessons are \$100 for 5, 30-minute classes and Semi - Private lessons are \$75 for 5, 30-minute classes. For more information and a complete list of our private lesson guidelines, please contact our office at 875-8100.

NEW AND IMPROVED LEARN - TO - SWIM

After years of working with of young swimmers and listening to our patron we have made some significant changes to your Learn - to - Swim program at the Lompoc Aquatic Center.

Simplicity: The fundamental elements of swimming are organized into 10 stages. Each station builds upon skills learned at the previous class.

Goal Driven: Advancement criteria have been established which provide the student (and parents) with clear tests for advancement.

Advancement: Advancement is objective driven age will not play a significant role.

Quality Control: Student skills are evaluated by a supervisor at least twice during the stage.

Class size: Recommendation for the following stage:

Station 1-3, 4-6 students

Station 4-7, 6-8 students

Station 8-19, 8-10 students

SWIM LESSON SCHEDULE • WINTER / SPRING 2012

STAGE -1 (STARFISH)

Gradual water adaptation, Movement in the water. Breath holding and release, Submersion of the face, Opening eyes underwater, Blowing bubbles, Bobbing with bubbles and air exchange. Advancement Skills: **10 relaxed Bobs.**

STAGE - 2 (MINNOW)

Front float and recovery, Front glide and recovery, Back float and recovery, Back glide and recovery. Advancement Skills: **Front glide and recovery 5 – sec, Back glide and recovery 5 – sec.**

STAGE - 3 (PUFFER FISH)

Porpoising, Front kick, glide, and recovery, Back kick, glide and recovery. Advancement Skills: **Front kick 15 – feet. Back kick 15 – feet.**

STAGE - 4 (SEA TURTLES)

Rolling – front to back, back to front., Finning and skulling, Side – glide – kick, Crawl armstrokes. Advancement Skills: **Slide – glide – kick, 20 – feet, Crawl stroke, 20 – feet (no breathing).**

STAGE - 5 (SEALS)

Crawl stroke with breathing, Back crawl stroke, Advancement Skills: **Crawl stroke with breathing (30 – feet minimum of 4 – breaths).**

STAGE - 6 (STING RAYS)

Extending Freestyle swimming, Tread water, Jump in and tread water. Sitting dive, Kneeling dive, Standing dive. Advancement Skills: **Swim Freestyle 17 – feet, Swim backstroke 30 – feet, Tread water for 1 – minute.**

STAGE - 7 (PIRANHAS)

Breaststroke kick, Breaststroke swim, Butterfly arms, Butterfly swim. Advancement Skills: **Swim Freestyle 50 – yards, Swim backstroke 25 – yards, Kick breaststroke 20 – yards.**

STAGE - 8 (BARACUDAS)

Freestyle with bilateral breathing, turns. Advancement Skills: **Swim freestyle for 100 yards (25 – yards using bilateral breathing), Swim 25 – yards breaststroke, Swim 30 – feet Butterfly.**

STAGE - 9 (KILLER WHALES)

Sidestroke kick, Sidestroke swim, Elementary backstroke, Advancement Skills: **Swim 200 – yards freestyle, bilateral breathing 50 – yards), Swim 25 – yards butterfly, Swim 50 – yards breaststroke, Swim 50 – yards elementary backstroke, Swim 50 – yards sidestroke.**

STATION - 10 (SHARKS)

Extended swimming and technique refinement in all major strokes and turns. Advancement Skills: **Swim 300 – yards Freestyle, Swim 100 – yards backstroke, Swim 100 – yards Individual Medley.**

MONDAY and WEDNESDAY – 8 Lessons

	January 9	February 1	
SESSION 1	4:00pm	4:35pm	
	4:40pm	5:15pm	
	5:20pm	5:55pm	
	6:00pm	6:35pm	
SESSION 2	February 6	February 29	
	4:00pm	4:35pm	
	4:40pm	5:15pm	
	5:20pm	5:55pm	
SESSION 3	6:00pm	March 5	March 28
		4:00pm	4:35pm
		4:40pm	5:15pm
		5:20pm	5:55pm
SESSION 4	6:00pm	April 9	May 2
		4:00pm	4:35pm
		4:40pm	5:15pm
		5:20pm	5:55pm
SESSION 5	6:00pm	*May 7	May 30
		4:00pm	4:35pm
		4:40pm	5:15pm
		5:20pm	5:55pm
		6:00pm	6:35pm

	1	2	3	4	5	6	7	8	9	10
SESSION 1		*	*	*	*	*				
	*	*	*	*	*	*				
	*	*	*	*	*			*		
		*	*	*		*	*		*	
SESSION 2		*	*	*	*	*				
	*	*	*	*	*	*				
	*	*	*	*	*			*		
		*	*	*		*	*		*	
SESSION 3		*	*	*	*	*				
	*	*	*	*	*	*				
	*	*	*	*	*			*		
		*	*	*		*	*		*	
SESSION 4		*	*	*	*	*				
	*	*	*	*	*	*				
	*	*	*	*				*		
		*	*	*		*	*		*	
SESSION 5		*	*	*	*	*				
	*	*	*	*	*	*				
	*	*	*	*	*			*		
		*	*	*		*	*		*	

*No Lesson Monday, May 28, Memorial Day

TUESDAY and THURSDAY – 8 Lessons

	January 10	February 2	
SESSION 1	4:00pm	4:35pm	
	4:40pm	5:15pm	
	5:20pm	5:55pm	
	6:00pm	6:35pm	
SESSION 2	February 7	March 1	
	4:00pm	4:35pm	
	4:40pm	5:15pm	
	5:20pm	5:55pm	
SESSION 3	6:00pm	March 6	March 29
		4:00pm	4:35pm
		4:40pm	5:15pm
		5:20pm	5:55pm
SESSION 4	6:00pm	April 10	May 3
		4:00pm	4:35pm
		4:40pm	5:15pm
		5:20pm	5:55pm
SESSION 5	6:00pm	May 8	May 31
		4:00pm	4:35pm
		4:40pm	5:15pm
		5:20pm	5:55pm
		6:00pm	6:35pm

	1	2	3	4	5	6	7	8	9	10
SESSION 1		*	*	*	*	*				
	*	*	*	*	*	*				
	*	*	*	*	*			*		
		*	*	*		*	*		*	
SESSION 2		*	*	*	*	*				
	*	*	*	*	*	*				
	*	*	*	*	*			*		
		*	*	*		*	*		*	
SESSION 3		*	*	*	*	*				
	*	*	*	*	*	*				
	*	*	*	*	*			*		
		*	*	*		*	*		*	
SESSION 4		*	*	*	*	*				
	*	*	*	*	*	*				
	*	*	*	*	*			*		
		*	*	*		*	*		*	
SESSION 5		*	*	*	*	*				
	*	*	*	*	*	*				
	*	*	*	*	*			*		
		*	*	*		*	*		*	

SHARKS & MINNOW'S (SATURDAYS) PARENT & TOT

This class is intended for **dads** and their tots to enjoy a parent tot class, moms are welcome. This class is taught in our 85-degree splash pool. Classes meet four consecutive Saturdays for 30 minutes.

Saturdays

Ages: 6 mos – 36 mos
 Sessions: 001 Jan 7 – Jan 28
 002 Feb 4 – Feb 25
 003 Mar 3 – Mar 24
 004 Mar 31 – Apr 21
 005 Apr 38– May 19
 Time: 9:30 AM – 10:00 AM
 Fee: \$40.00

SWIM LESSONS FOR ADULTS AND CHILDREN WITH INTELLECTUAL DISABILITIES – PLEASE BOX

The Lompoc Parks & Recreation Department will be offering group swim lessons at the Lompoc Aquatic Center for children and adults in our community with intellectual disabilities. For a complete list of class offerings, please contact our office at 875-8100.

LIFEGUARD TRAINING

Here is your chance to take a great class, with the benefit of becoming an American Red Cross certified Lifeguard. The course includes Lifeguard Training, CPR/AED, First Aid. A pre-test date will be announced upon registration and attendance at all sessions is required.

Monday through Saturday

Ages: 15 & Up
 Dates/Times: March, TBA
 Times: 9:00 am – 5:00 pm
 Fee: TBA

WATER SAFETY INSTRUCTOR

If you have ever wanted to teach swim lessons, here is your opportunity. This course includes instruction on your personal swim strokes, breaking down the fundamentals of each stroke for teaching technique, and prepares you for the coordination and implementation of teaching children and adults how to swim. Upon successful completion, students will exhibit proper swim technique, communicate fundamentals and display the necessary maturity that accompanies this type responsible position. The course schedule will be discussed on the first class meeting date.

Ages: 16 & Up
F.I.T. Date:
 Session: 001 TBA
 Dates/Time: TBA Spring
Course Start Date:
 Sessions: 002 TBA
 Time: TBA Spring
Lab Dates: Throughout the course
 Fee: \$150.00**

**FIT students may need to purchase an additional book

FIRST RESPONDER CERTIFICATION OPPORTUNITIES **NEW**

If you need to re-certify for CPR, AED or Lifeguard training, we are here to help. Our ever current American Red Cross Instructors will be ready with the NEW material for 2012 Reviews and Challenges.

FEES: \$60.00 Challenge Lifeguard/First Aid (9hrs) *min two students
 \$50.00 Challenge CPR/AED (2hrs)
 \$120.00 Review Lifeguard/first Aid (16hrs) *min two students
 \$100.00 Review CPR/AED (5hrs)

ADULT LEARN TO SWIM CLASSES (SATURDAYS)

These swim classes are designed for adults and teens that want to learn swimming skills in a small group setting. This class allows you to work on personal goals, that might include perfecting alternate breathing or flip turns. This class is taught in our 85-degree Lap pool. Classes meet four consecutive Saturdays for one hour.

Saturdays

Ages: 14 & up
 Time: 8:30 AM - 9:30 AM
 Sessions: 001 Jan 7 – Jan 28
 002 Feb 4 – Feb 25
 003 Mar 3 – Mar 24
 004 Mar 31 – Apr 21
 005 Apr 7 – May 19
 Fee: \$40.00

PERSONAL TRAINING **NEW**

You need some direction and motivation for those goals you've set this year, like refining your freestyle or training for the 6th Annual "Hank Hudson" Triathlon, well we have the answer. Sign up to receive twelve individual workouts, two of which will be supervised by Ironman and USA swim coach Jeff Storie. (Pool admission is not included).

FEE: \$15.00

EASY WALKING **NEW**

This new program is designed for people having difficulty with aches and pains - young and old, male and female, fit and no-so-fit. It is also suitable for people suffering from arthritis, or anyone who would like to begin a regular walking program to gain the benefits of regular aerobic exercise in a group setting. Class sessions utilize the Aquatic Center classroom for education about exercise and fitness. The Aquatic Center's indoor climate controlled deck serves as a warm, safe, well lit 1/8th mile track. If you can be on your feet for 10 minutes without increased pain, you can participate successfully.

Mondays, Wednesdays & Fridays

Ages: 18 & up
 Fee: \$30.00
 Time: 8:30 AM – 9:30 AM
 Sessions: 001 Jan 2 – Jan 30
 002 Feb 1 – Feb 29
 003 Mar 2 – Mar 30
 004 April 2 – April 30
 005 May 2 – May 30*
 *No class on May 28th.

WATER EXERCISE DROP IN PROGRAM

Adults are welcome to come and drop into any of our water exercise classes, space permitting on the roster, at a cost of only \$5.00 per visit. You can contact our office at 875-8100 or the Aquatic Center at 875-AQUA (2782) to determine space availability.

AQUA AEROBICS

This class is designed for those who would love to exercise in the water without stressing your joints. In this class, you will use the water for resistance as you build muscle tone and strength.

Mondays & Wednesdays

Ages: 18 & up
 Fee: \$30.00
 Time: 6:00 PM – 7:00 PM OR 6:30AM-7:30AM
 Sessions: 001 Jan 2 – Jan 30
 002 Feb 1 – Feb 29
 003 Mar 2 – Mar 28
 004 Apr 2 – Apr 25
 005 May 2 – May 30
 * No class May 28th.
 Instructor: *Nancy Jacobs*

GENTLE WATER EXERCISE

This class is taught in warm water with slow movements and joint movement. Class is perfect for those mature adults who want to exercise in the water without stressing their muscles or joints. Designed for those individuals suffering from arthritis, fibromyalgia and other special sensitivities such as stress, the need to start an exercise program or those recovering from illness or injury. This class will be offered in the therapy pool, which maintains a wonderful temperature at 90 degrees!

Tuesdays & Thursdays

Ages: 18 & Up
 Fee: \$30.00
 Time: 9:15 AM – 10:15 AM
 Sessions: 001 Jan 3 – Jan 31
 002 Feb 2 – Feb 28
 003 Mar 1 – Mar 29
 004 Apr 3 – Apr 26
 005 May 1 – May 31
 Instructor: *Nancy Jacobs*

AQUA AEROBICS

This class is designed for those who would love to exercise in the water without stressing your joints. In this class, you will use the water for resistance as you build muscle tone and strength.

Tuesdays & Thursdays

Ages: 18 & Up
 Fee: \$30.00
 Time: 10:30 AM – 11:30 AM
 Sessions: 001 Jan 3 – Jan 31
 002 Feb 1 – Feb 23
 003 Mar 1 – Mar 29
 004 Apr 5 – Apr 26
 005 May 3 – May 31
 Instructor: *Nancy Jacobs*

AQUA STEP AEROBICS

This class offers a terrific workout in the lap lanes of our recreation pool, at a depth of 4.5'. Our instructor will lead you through a fast-paced routine set to music using water steps. This class is unlike any other step aerobics class you have experienced.

Mondays, Wednesdays, Fridays

Ages: 18 & up
 Time: 10:30 AM - 11:30 AM
 Sessions: 001 Jan 2 – Jan 30
 002 Feb 1 – Feb 29
 003 Mar 2 – Mar 30
 004 April 2 – April 30
 005 May 2 – May 30*
 Fee: \$30.00
 Instructor: *Wendy Knowles*
 *No Class May 28th.

DEEP WATER AEROBICS

This class offers you the chance to enjoy water exercise in our competition pool, which ranges from 7' to 9' feet in depth. The resistance of the water will help build strength in your joints and muscles, while using a floatation belt to stay afloat. The ability to swim is not required in order to participate in this class.

Tuesdays & Thursdays

Ages: 18 & up
 Time: **6:15PM – 7:15PM** **NEW TIME**
 Sessions: 001 Jan 3 – Jan 31
 002 Feb 1 – Feb 23
 003 Mar 1 – Mar 29
 004 Apr 5 – Apr 26
 005 May 3 – May 31
 Fee: \$30.00
 Instructor: *Gabrielle Freedain*

WARM WATER EXERCISE

The class will take you through a variety of exercises in the water using the natural water resistance and equipment to tone and strengthen your muscles. This is a painless exercise choice for joint and bone issues taught in a warm therapy pool.

Mondays, Wednesdays and Fridays

Ages: 18 & Up
 Time: 9:15 AM – 10:15 AM
 Sessions: 001 Jan 2 – Jan 30
 002 Feb 1 – Feb 29
 003 Mar 2 – Mar 30
 004 April 2 – April 30
 005 May 2 – May 30*
 Fee: \$30.00
 Instructor: *Wendy Knowles*
 *No Class May 28th.

***“We create community through people,
 parks and programs”***