

## Water Exercise Programs

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

### EXERCISE PROGRAMS

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

**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! Tuesday, Thursday 11:30 am – 12:30 pm

**SHALLOW 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.

Monday, Wednesday, Friday

7:30 am - 8:30 am

8:30 am - 9:30 am

11:35 am - 12:35 pm

**WATER WALKING EXERCISE** A 60-minute, drop-in, instructor lead, exercise class. **Beat joint pain by taking your walking routine to the pool!**

Monday, Wednesday 7:15 pm - 8:00 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

## Spring/Summer 2010 Recreational Swims

Spring: April 5—June 20

Summer: June 21—Sept. 6

Mercer Island Pool

8815 SE 40th St

Mercer Island WA 98052

206-296-4370

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



## Northwest Center Pools

#### Hours of Operation

Mon—Fri	5:30 AM – 9:00 PM
Saturday	7:00 AM – 9:00 AM
Sunday	10:00 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 31, Memorial Day  
Closed Sunday, July 4, Independence Day  
Closed Monday Sept. 6, Labor Day

## 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. \*\*Limited lanes only Mon—Thurs 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

Mon—Fri ( <b>Spring</b> )	5:30 – 9:00 AM
Mon—Fri ( <b>Summer</b> )	5:30—8:00 am
Mon – Fri	11:30 AM – 2 PM
Monday – Thursday	8:00—9:00 PM
Saturday	7:00– 9:00 AM
Sunday	11:30 AM—1 PM

**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 ( <b>Spring ONLY</b> )	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. Su 11:30 –1:00 pm

Mon—Fri	12:30—2 pm
Fri	6:00—7 pm (\$3)
Sat	8—9:00 am

### Family Swim Fees

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



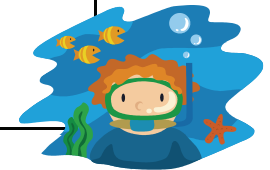
## Recreational Swimming

**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

Mon/Wed	7:00 – 8 PM
Tue/Thur (\$2)	7:00 - 8 PM
Mon—Friday	2:00—3:00 pm ( <b>SUMMER ONLY</b> )
Friday	7 - 9 PM
Saturday	Closed
Sunday (\$2)	1:00 – 2:30 PM



### 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.*