

PRESCOTT PARKS & RECREATION

S.N.A.P. October 2012 PRESENTS:

EXERCISE PROGRAMS

DO ONE OR ALL EXERCISES!



1. Water Aerobics at the YMCA - Dues \$1.00*

Time: 1:00 - 2:00pm Every Monday! Be ready to jump in the water and do some aerobics. Bring: Swimsuit, Towel & \$1.00. Arrive: 12:45pm



2. Special Olympics/SNAP SWIM TEAM @ the YMCA

Time: 1:00 - 2:00pm Every Monday! Come and join our swim team and learn how to lap swim and compete in meets. SWIM TEAM COST: FREE!

3. Weight Training and Cardio - Dues \$1.00*

Every Wednesday, we will be trained on weight machines and do cardio exercises.

Time: 2:00pm - 3:00pm Meet: in the Wellness Room at the YMCA

Dress for a workout and wear your tennis shoes. (No jeans please)

If you are NOT currently enrolled in the weight class on Wednesdays, Please call **Sherri at 777-1554 for availability before attending.



***\$1.00 Dues for each class that you will be participating in. You must pay Sherri before you can participate; Paying monthly is very helpful. Thank you!**



SIGN LANGUAGE CLASSES



Interested in learning Sign Language?

Come join us for some fun with Sign Language. We will sign to music, learning basic sign and skills to communicate with our friends who may be hearing impaired.

DATES: Mondays: October 1st, 15th, & 29th (NO SIGN ON October 8th & 22nd)

TIME: 4:00pm-5:30pm **COST:** FREE!

American Lutheran Church, 1085 Scott Drive

(Across the parking lot from Samaritan Village - Double doors, Lower level - in the Youth Room)

In partnership with American Lutheran Church - Call Kathy Lilley 445-4348

FOR MORE INFORMATION OR TO VOLUNTEER: CALL Sherri AT 777-1554