

PRESCOTT PARKS & RECREATION

S.N.A.P. 2012 PRESENTS:

# 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: January 9<sup>th</sup>, 16<sup>th</sup>, and 23<sup>rd</sup>

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

PLACE: Prescott Village, 1030 Scott Drive

(Samaritan Village - in the Chapel)



## EXERCISE PROGRAMS

**YMCA POOL WILL BE CLOSED**

Reopening sometime at the end of January 2012

**\*\*Water Aerobics and SNAP Swim Team will not meet until the pool is reopened!**



**\*\*Join us for\*\***

**WORKOUT WEDNESDAYS**



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

Every Wednesday. Train on weight machines and do cardio exercises on the treadmill and bikes.

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)

NOTE: If you are NOT currently enrolled in the weight class on Wednesdays, Please call Kathy for availability before attending.

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

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