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: MARCH 5TH, 12TH, AND 26TH** *(NO SIGN ON MARCH 19TH)*

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

NEW PLACE: American Lutheran Church, 1085 Scott Drive

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

EXERCISE PROGRAMS

THE POOL IS BACK OPEN

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 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