

PRESCOTT PARKS & RECREATION
S.N.A.P. 2011 PRESENTS:

YMCA POOL WILL BE CLOSED

for 6 weeks for renovations

From December 18 for 4-6 weeks

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, we will be trained 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)

****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