

PRESCOTT PARKS & RECREATION

S.N.A.P. 2011 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 3rd, 10th & 24th

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

PLACE: Prescott Village, 1030 Scott Drive
(Samaritan Village - in the Chapel)



AND EXERCISE PROGRAMS



Water Aerobics at the YMCA*

Time: 1:00 - 2:00pm Every Monday! Be ready to jump in the water and do some aerobics. Arrive at 12:45pm to change into your swimsuit. Don't forget your towel.



NEW: 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. **COST: FREE!**

Weight Training and Cardio*

Every Wednesday, we will be trained on weight machines and do cardio exercises on from 2:00pm - 3:00pm. We will 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.



***Dues:** We will be charging \$1.00 dues for each class that you will be participating in. You must pay Kathy before you can participate; We would love to have you pay monthly if you can. Thank you!

FOR MORE INFORMATION CALL KATHY AT 777-1554