

RANKIN AQUATIC CENTER

100 BUCKLEY STREET

370-6451

WATER AEROBICS & WATER WALKING

Great Instructors! Fun Participants! Come join us!

Low impact, stress free, total body workout for both men and women. Workouts can be modified for people with disabilities. Pay by the class or purchase a punch pass to save money. Cash and check accepted at the pool.

Fee: Daily Pass \$6 10 - punch pass \$50 20 - punch pass \$100

SPRING CLASSES

May 5 – June 9

Thursday, 3:15 – 4:15 taught by Pam Hall

Friday, 5:20 – 6:20 pm taught by Andrea Legault

No class:

June 10 due to lifeguard graduations



ALWAYS A PARTY IN THE POOL!

SUMMER/FALL CLASSES

June 13– October 30

Monday – Friday

5:20 pm – 6:20 pm

No class on:

Monday, July 4

Wednesday, July 6 (swim meet)

Wednesday, July 13 (swim meet)

Wednesday, July 27 (swim meet)

Monday, September 5 (Labor Day)

Monday, October 10 (Columbus Day)

WEDNESDAY DEEP WATER

Wednesday, 4:15pm – 5:15 pm

June 15 – June 29,

July 20

August 3 - 31

SATURDAY MORNING CLASSES

July 9 – October 29

Saturday, 9am - 10 am

No class July 16, July 30 or September 5

Water Walking

Try it Tuesdays!

May 3 – June 3

3:15 pm – 4:15 pm

\$5.50 Adults

\$4.50 Seniors

*Discount 10 & 20 punch (lap swim)
passes are available*

Did you know that water provides 12x's the resistance of air? Water walking is easy on the joints and provides an amazing workout!