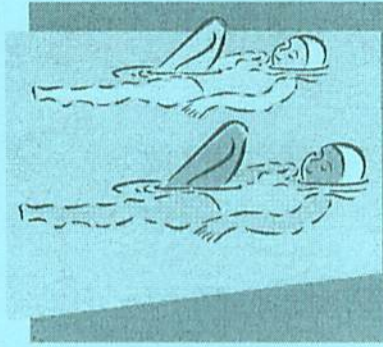


CITY OF PARMA RECREATION DEPARTMENT
 IN PARTNERSHIP WITH THE PARMA CITY SCHOOLS
 ARE PROUD TO OFFER:

WINTER INDOOR SWIM



LOCATED @ PARMA SENIOR HIGH SCHOOL
 6285 West 54th Street

CLASSES & TIMES

1st Session: January 5th – January 27th, 2009

TIME	MON.	TUES.	WED.	THURS.
6:30PM – 7:30PM ▶▶ Register in advance for ▶ these classes	SENIOR LEISURE TIME CLASS- FREE !! Designed for Seniors 60+, includes ½ hour water walking class and ½ hour leisure swim FREE FOR SENIORS 60+	AQUA AEROBICS CLASS Low, moderate and high impact, it's a great combination of cardio and strength training!! \$25 Res/\$30 Non-Res	SENIOR LEISURE TIME CLASS- FREE !! Designed for Seniors 60+, includes ½ hour water walking class and ½ hour leisure swim FREE FOR SENIORS 60+	AQUA AEROBICS CLASS Low, moderate and high impact, it's a great combination of cardio and strength training!! \$25 Res/ \$30 Non-Res
7:30PM – 8:30PM	FAMILY OPEN SWIM Bring the family, kids 17 & under swim free, accompanied by an adult \$25 Res/ \$30 Non-Res session or \$5 per adm.	FAMILY OPEN SWIM Bring the family, kids 17 & under swim free, accompanied by an adult \$25 Res/ \$30 Non-Res session or \$5 per adm.	FAMILY OPEN SWIM Bring the family, kids 17 & under swim free, accompanied by an adult \$25 Res/ \$30 Non-Res session or \$5 per adm.	FAMILY OPEN SWIM Bring the family, kids 17 & under swim free, accompanied by an adult \$25 Res/ \$30 Non-Res session or \$5 per adm.
7:30PM– 8:30PM	ADULT LAP SWIM Swim away the winter blues!! Adults only \$25 Res/ \$30 Non-Res session or \$5 per adm.	ADULT LAP SWIM Swim away the winter blues!! Adults only \$25 Res/ \$30 Non-Res session or \$5 per adm.	ADULT LAP SWIM Swim away the winter blues!! Adults only \$25 Res/ \$30 Non-Res session or \$5 per adm.	ADULT LAP SWIM Swim away the winter blues!! Adults only \$25 Res/ \$30 Non-Res session or \$5 per adm.

2nd Session: February 2nd – February 26th, 2009

TIME	MON.	TUES.	WED.	THURS.
6:30PM– 7:30PM ▶▶ Register in advance for ▶ these classes	SENIOR LEISURE TIME CLASS- FREE !! Designed for Seniors 60+, includes ½ hour water walking class and ½ hour leisure swim FREE FOR SENIORS 60+	AQUA AEROBICS CLASS Low, moderate and high impact, it's a great combination of cardio and strength training!! \$25 Res/\$30 Non-Res	SENIOR LEISURE TIME CLASS- FREE !! Designed for Seniors 60+, includes ½ hour water walking class and ½ hour leisure swim FREE FOR SENIORS 60+	AQUA AEROBICS CLASS Low, moderate and high impact, it's a great combination of cardio and strength training!! \$25 Res/\$30 Non-Res
7:30PM – 8:30PM	FAMILY OPEN SWIM Bring the family, kids 17 & under swim free, accompanied by an adult \$25 Res/ \$30 Non-Res session or \$5 per adm.	FAMILY OPEN SWIM Bring the family, kids 17 & under swim free, accompanied by an adult \$25 Res/ \$30 Non-Res session or \$5 per adm.	FAMILY OPEN SWIM Bring the family, kids 17 & under swim free, accompanied by an adult \$25 Res/ \$30 Non-Res session or \$5 per adm.	FAMILY OPEN SWIM Bring the family, kids 17 & under swim free, accompanied by an adult \$25 Res/ \$30 Non-Res session or \$5 per adm.
7:30PM– 8:30PM	ADULT LAP SWIM Swim away the winter blues!! Adults only \$25 Res/ \$30 Non-Res session or \$5 per adm.	ADULT LAP SWIM Swim away the winter blues!! Adults only \$25 Res/ \$30 Non-Res session or \$5 per adm.	ADULT LAP SWIM Swim away the winter blues!! Adults only \$25 Res/ \$30 Non-Res session or \$5 per adm.	ADULT LAP SWIM Swim away the winter blues!! Adults only \$25 Res/ \$30 Non-Res session or \$5 per adm.

For Classes/Family Swim/Adult Lap Swim Register @ the Recreation Department,
 Parmatown Mall, 7912 Day Drive

Register for the 1st session at the times below:

WEDNESDAY, DECEMBER 10th 6:30P.M. – 7:30P.M. SATURDAY, DECEMBER 13th 10:00A.M. – 11:00A.M.
 THURSDAY, DECEMBER 18th 6:30P.M. – 7:30P.M.

Register for the 2nd session at the times below:

TUESDAY, JANUARY 20th 6:30P.M. – 7:30P.M. SATURDAY, JANUARY 24th 12:30P.M. – 1:30P.M.
 TUESDAY, JANUARY 27th 6:30P.M. – 7:30P.M.

PARMA, PARMA HEIGHTS AND SEVEN HILLS RESIDENTS ONLY – PROOF OF RESIDENCY REQUIRED

FOR MORE INFORMATION PLEASE CONTACT
 PARMA RECREATION @ 440-885-8144

DEAN DePIERO MAYOR

SARAH ZATIK SUPERINTENDENT