

## Tot Classes

### SPANISH FOR FUN AND FOREVER

The class is packed with visuals, songs rhymes, movement activities and games. Each child receives color visuals for mastery of the current vocabulary. Parent/child participation. \$5 material fee due at first class. No class 7/4.

Blades, Murnez City Gym Room A  
**6313.300 3yrs to 5yrs 6/27 - 8/15 10:30am-11:15am Th \$80**

### TIPPI TOES MUSIC & MOVEMENT: PARENT & ME

Tippi Toes Dance Company introduces music, movement, balance and the basic dance steps in a fun and positive manner! Instructors will keep fun & exciting music and curriculum moving along while parents take an active role in encouraging, supporting and keeping the little dancer on track. Performance opportunities available throughout the year.

Tippi Toes HB, Alexander Lynn City Gym Room A  
**6371.300 1yrs 6mths to 3yrs 6/29 - 8/31 9:30am-9:55am Sa \$85**

## Youth Classes

### ART: ART EXPLORATIONS CAMP

This ART Camp is filled with creative and fun projects. Explore a variety of media such as acrylics on canvas, watercolors, pastels, clay sculpture and more! We will enjoy Summer time thru art as we draw and paint landscapes, still life, animals and other themes. Clay projects will be glazed and fired. All art supplies and aprons will be provided.

Henry, Lucia Art Center Studio  
**5333.302 6yrs to 12yrs 8/5 - 8/9 10:00am-12:00pm M-F \$95\***  
**\*\$86 HBAC**

### ART: CERAMIC CREATIONS CAMP

Have a blast learning how to turn clay into wonderful creatures and other fun projects. We will hand build the pieces as we learn techniques such as coiling, scoring, slab construction, pinch pots and more. We will decorate the projects with under glazes (special paint for wet clay). Different projects each day. All pieces will be glazed and fired. Aprons will be provided. \$20 material fee due at first class.

Henry, Lucia Art Center Studio  
**5358.302 6yrs to 12yrs 8/26 - 8/30 10:00am-12:00pm M-F \$105\***  
**\*\$89 HBAC**

### ART: CERAMIC CREATIONS

Have a blast learning how to turn clay into wonderful creatures and other fun projects. We will hand build the pieces as we learn techniques such as coiling, scoring, slab construction, pinch pots and more. We will decorate the projects with under glazes (special paint for wet clay). Different projects each week. All pieces will be glazed and fired. Aprons will be provided. \$20 material fee due at first class.

Henry, Lucia Art Center Studio  
**5358.301 6yrs to 12yrs 8/1 - 8/29 3:30pm-4:45pm Th \$85\***  
**\*\$77.10 HBAC**

### ART: DRAWING FUNDAMENTALS

Students will learn the fundamentals of drawing, such as contour, shading, perspective, portraiture and composition, to make works of art that express both observation and imagination. We will use a mix of media including pencil, India ink, charcoal and watercolor. All levels welcome. Materials list. Materials fee of \$5 due at first class.

Oquist, Courtney L Art Center Studio  
**4818.301 7yrs to 12yrs 8/1 - 8/29 5:15pm-6:30pm Th \$73\***  
**\*\$66.30 HBAC**

## Youth Classes

### ART: INTRO TO PAINTING FOR KIDS

Exploring various painting and printmaking techniques, students will use a variety of wet media, including inks, watercolor, tempera and acrylic to make works of art that build paint-handling techniques while exploring creativity, aesthetics and personal expression. All supplies included. Materials fee \$15 payable to instructor at first class.

Oquist, Courtney L Art Center Multipurpose  
**5329.301 7yrs to 12yrs 8/1 - 8/29 3:15pm-4:30pm Th \$76\***  
**\*\$69 HBAC**

### ART: M.A.D PRESENTS: ART IN THE PARK

Young artist will rub elbows with famous artist such as: Monet, Michelangelo, Pollack, Kandinsky and more. Most importantly they will discover and set free the little artist within. Engaging in water colors, clay sculptures, murals, painting, texture, pastels, chalk and more. \$10 material fee due at first class. No class 7/4.

M.A.D., Studio HB Murdy Community Center Picnic #1  
**6362.300 6yrs to 10yrs 6/27 - 8/1 3:30pm-4:30pm Th \$62**  
**6362.301 6yrs to 10yrs 8/8 - 9/5 3:30pm-4:30pm Th \$62**

### ART: M.A.D PRESENTS: CONNECTING WORLDS THRU PAINT

The art class is geared for children with Autism and special needs. We Be Free curriculum teaches children about famous artists, technique and medium. We give them the freedom to create their own masterpieces and their art a voice. We guide and encourage through all development. No class 7/4.

M.A.D., Studio HB Murdy Community Center Hall A  
**5357.300 6yrs to 12yrs 6/27 - 8/1 3:30pm-4:30pm Th \$62**  
**5357.301 6yrs to 12yrs 8/8 - 9/5 3:30pm-4:30pm Th \$62**

### ART: PLAYGROUND

Children/siblings can explore their own artistic abilities in our free-flowing playground of art stations. Create masterpieces including wood crafts, canvas, paper projects and our exciting "Buried Treasure." Parent participation required for 4 and 5 year olds. Wear painting clothes. \$15 material fee due at first class.

Easel Does It, Tracy Gohl Lake Park Clubhouse, 1035 11th Street  
**5207.301 4yrs to 10yrs 6/24 - 8/12 11:00am-11:45am M \$80**  
**5207.302 4yrs to 10yrs 6/25 - 8/13 11:00am-11:45am Tu \$80**

### CHEERLEADING

GO! CHEER! GO! Learn basic cheers, chants, dance movements, and jumps in this fun cheerleading class! Students develop rhythm, flexibility and coordination in this exciting sport. Cheerleading builds teamwork and cooperation. Bring a friend and learn to cheer! Parents are invited to watch the last class of the session. \$1 material fee due at first class.

Huntington Academy of Dance Murdy Community Center  
 Game Room  
**5336.300 7yrs to 12yrs 7/8 - 8/12 5:30pm-6:30pm M \$65**

### CHINESE: I SPEAK CHINESE TOO

Class is for those continuing with the series. Students will learn to speak better Chinese through new stories, songs, rhymes, and games while incorporating previous materials. The spiral-up approach helps language retention. Class empowers students with knowledge and confidence to explore Chinese language and culture. \$10 material fee due at first class (sibling discount \$5 applied on second child).

OC 1st Language, Veronica Liu City Gym Room B  
**5345.300 6yrs to 12yrs 7/9 - 8/13 3:15pm-4:30pm Tu \$88**

# Youth Classes

## DANCE: BALLET

Challenge your child to develop rhythm, strength and coordination the fun way! In ballet class, boys and girls learn ballet positions, jumps, turns, and dances using French vocabulary. Ballet attire required. \$1 material fee due at first class.

Huntington Academy of Dance Murdy Community Center Hall B  
5212.300 6yrs to 8yrs 7/8 - 8/12 4:00pm-5:00pm M \$65

Huntington Academy of Dance Edison Community Center Hall B  
5213.300 5yrs to 7yrs 7/13 - 8/17 10:00am-11:00am Sa \$65

Huntington Academy of Dance City Gym Room A  
5214.300 5yrs to 7yrs 7/11 - 8/15 4:00pm-5:00pm Th \$65

Huntington Academy of Dance 16601 Gothard Street, Suite A  
5316.300 8yrs to 12yrs 7/10 - 8/14 6:30pm-7:30pm W \$65

## DANCE: CONTEMPORARY

Love the moves on So You Think You Can Dance? Contemporary dance style incorporates movements of ballet, jazz, and modern with great music and personal expression. Learn the basic of contemporary, stretches, leaps and turns in the FUN class! Dance attire required.

Huntington Academy of Dance 16601 Gothard Street, Suite A  
5340.300 12yrs to 16yrs 7/11 - 8/15 6:30pm-7:30pm Th \$105

## DANCE: FAMILY COUNTRY LINE

Country Line Dance together as a family. Parents need to register, also. Have fun & dance easy, popular line dances to popular country music. Taught slowly so all kids will be able to dance. \$2 material fee due it first class. No class 7/4.

Fox, Kaylaa Murdy Community Center Hall C/D  
4620.300 8yrs to Adult 6/27 - 7/25 5:15pm-6:00pm Th \$24  
4620.301 8yrs to Adult 8/1 - 8/22 5:15pm-6:00pm Th \$24

## DANCE: HIP HOP

Hip Hop Hurray! Ho! Boys and girls will get their groove on hip hoppin' to high energy music with funky dance moves! Hip hop introduces students to the rhythmic urban style of popping, locking, and gliding. Parents delight in our family friendly music and movements while kids have a blast and bust-a-move! Bring a friend and try your first class for free! \$1 material fee due at first class.

Huntington Academy of Dance Edison Community Center Game Room  
5351.300 7yrs to 12yrs 7/10 - 8/14 4:35pm-5:35pm W \$65

Huntington Academy of Dance City Gym Room A  
5374.300 5yrs to 7yrs 7/8 - 8/12 4:15pm-5:15pm M \$65  
5374.301 7yrs to 12yrs 7/8 - 8/12 5:15pm-6:15pm M \$65

## DANCE: POLYNESIAN YOUTH

Get moving to the rhythms of the South Pacific Islands! From Hawaiian Hula to Tahitian Ori, your child will build confidence and showmanship. Class ends with a luau and performance.

Seanoa, Melody A Art Center Multipurpose Room  
5221.301 7yrs to 12yrs 6/18 - 7/16 5:00pm-6:00pm T \$56\*  
5221.302 7yrs to 12yrs 7/23 - 8/27 5:00pm-6:00pm T \$66\*  
\*\$51/\$60 HBAC

## DANCE: TAP

Bring a friend and learn the basics of tap dancing in this FUN class! Students will learn how to keep time and stay in beat with music. Tap dancing is a great way to improve coordination, rhythm, and athletic agility. Boys and girls love making NOISE with their feet! Dance attire, please.

Huntington Academy of Dance 16601 Gothard Street, Suite A  
5330.300 7yrs to 12yrs 7/10 - 8/14 4:30pm-5:30pm W \$65

## FITNESS: ZUMBA – AGES 6 TO 86!

Bring your family and friends to this fun-packed Zumba class for everyone ages 6 to 96! Reap the benefits of a calorie-torching workout while you "Zumba" to fabulous Latin and International music. Increases coordination, rhythm, balance, muscle tone, aerobic fitness and fun!

Foreman, Jill E Rodgers Senior Center Hall A  
4573.300 6yrs to 86yrs 6/18 - 7/23 6:00pm-6:50pm Tu \$36  
4573.301 6yrs to 86yrs 7/30 - 8/27 6:00pm-6:50pm Tu \$30

## GYMNASTICS: CHEER-NASTICS

Students have fun while safely learning cheers & stunting techniques plus gymnastic skills great for all levels. Cartwheels, roundoffs, backbends, walkovers, splits, rolls, jumps, beam and back-handsprings barrel are taught by an experienced instructor. Progressive skill level instruction creates success! \$2 material fee due at first class. No class 7/5.

Tumble-N-Kids, Inc City Gym Room B  
5225.300 6yrs to 12yrs 6/28 - 7/26 4:00pm-5:00pm F \$46

## GYMNASTICS: GYMNASTICS PLUS!

This class offers girls and boys gymnastic skills plus music, fun and great exercise! Experienced coaches safely teach all levels. Students learn cartwheels, round-offs, backbends, splits, balance beams, back-handsprings and more. Progressive skill level instruction creates confidence, success and prepares kids for all sports. \$2 material fee due at first class.

Tumble-N-Kids, Inc Murdy Community Center Hall A  
5226.300 6yrs to 12yrs 6/25 - 7/23 3:30pm-4:30pm Tu \$56

Tumble-N-Kids, Inc Edison Community Center Hall A  
5297.300 6yrs to 12yrs 6/26 - 7/24 3:00pm-4:00pm W \$56

## GYMNASTICS: JAMMIN GYMNASTICS

Girls and boys of all levels learn age-appropriate gymnastics skills, coordination and strength development. Experienced coaches introduce cartwheels, round-offs, rolls, handstands, backbends, beam, trampoline, back-handspring barrel and more. Obstacle courses and music make learning fun, while progressive skill instruction creates confidence and success preparing kids for all sports! \$2 material fee due at first class. No Class 7/4-6.

Tumble-N-Kids, Inc Murdy Community Center Hall B  
5331.300 4yrs to 6yrs 6/27 - 7/25 2:30pm-3:30pm Th \$56  
5331.301 4yrs to 6yrs 6/27 - 7/25 3:30pm-4:30pm Th \$56

Tumble-N-Kids, Inc Edison Community Center Hall A  
5327.300 5yrs to 8yrs 6/29 - 7/27 11:50am-12:50pm Sa \$46

## GYMNASTICS: KARTWHEEL-N-KIDS

Girls and boys learn gymnastics skills including: cartwheels, rolls, jumps, handstands, bridge/backbends, beams, handspring barrel, trampoline and more. We focus on beginning tumbling skills incorporating music, obstacle courses and fun. Progressive skill level instruction creates confidence and success. \$2 material fee due at first class. No class 7/5.



Tumble-N-Kids, Inc Murdy Community Center Hall A  
5227.300 4yrs to 6yrs 6/25 - 7/23 2:30pm-3:30pm Tu \$56

Tumble-N-Kids, Inc City Gym Room B  
5293.300 4yrs to 6yrs 6/28 - 7/26 3:00pm-4:00pm F \$46

# Youth Classes

## KARATE: PRACTICAL MARTIAL ARTS

Our system combines the foundations of traditional martial arts which instills a sense of respect, self-confidence, and focus; and adds to that a modern flavor of training. We combine the striking involved in Muay Thai, and Boxing - the groundwork of Jiu-Jitsu, and the throws and takedowns trained in Wrestling and Judo. Belt Advancement is Available. No class 7/4.

Betance, Justin		Murdy Community Center Hall B			
5232.300	5yrs to 9yrs	6/22 - 8/24	5:30pm-6:30pm	Th	\$120
			8:00am-8:45am	Sa	
5232.301	10yrs to 15yrs	6/22 - 8/24	6:30pm-7:30pm	Th	\$120
			8:00am-8:45am	Sa	

## KARATE: TRADITIONAL JAPANESE KARATE-DO BEG & NOVICE

This traditional karate class is for building character as well as improving physical conditioning. Sensei Nishimura, a world class competitor, has over 40 years of teaching experience and emphasizes good sportsmanship and respect. Uniforms and equipment are available for purchase from instructor. White, orange, yellow, and blue belts only. No class 7/4. Make up Friday.

Wadoryu USA, Nishimura Shoji		Edison Community Center Hall A			
5230.300	8yrs to 14yrs	6/27 - 8/29	5:45pm-6:30pm	Th	\$90
5230.301	8yrs to 14yrs	6/28 - 8/30	5:45pm-6:30pm	F	\$90
5230.302	8yrs to 14yrs	6/27 - 8/30	5:45pm-6:30pm	Th F	\$110

## KARATE: TRADITIONAL JAPANESE KARATE-DO INTERMEDIATE

This traditional karate class is for building character as well as improving physical conditioning. Sensei Nishimura, a world class competitor, has over 40 years of teaching experience and emphasizes good sportsmanship and respect. Uniforms and equipment are available for purchase from instructor. Blue/St, Green, Green/St, Red, Red/St. belts only. No class 7/4. Make up Friday.

Wadoryu USA, Nishimura Shoji		Edison Community Center Hall A			
5257.300	8yrs to 14yrs	6/27 - 8/29	5:45pm-7:00pm	Th	\$110
5257.301	8yrs to 14yrs	6/28 - 8/30	5:45pm-7:00pm	F	\$110
5257.302	8yrs to 14yrs	6/27 - 8/30	5:45pm-7:00pm	Th F	\$130

## KARATE: TRADITIONAL JAPANESE KARATE-DO ADVANCED

This traditional karate class is for building character as well as improving physical conditioning. Sensei Nishimura, a world class competitor, has over 40 years of teaching experience and emphasizes good sportsmanship and respect. Uniforms and equipment are available for purchase from instructor. Red Stripe belts and higher. No class 7/4. Make up Friday.

Wadoryu USA, Nishimura Shoji		Edison Community Center Hall A			
5258.300	8yrs to 14yrs	6/27 - 8/29	6:30pm-8:00pm	Th	\$120
5258.301	8yrs to 14yrs	6/28 - 8/30	6:30pm-8:00pm	F	\$120
5258.302	8yrs to 14yrs	6/27 - 8/30	6:30pm-8:00pm	Th F	\$140

## KARATE: TRADITIONAL JAPANESE KARATE DO BROWN & BLACK BELT

This traditional karate class is for building character as well as improving physical conditioning. Sensei Nishimura, a world class competitor, has over 40 years of teaching experience and emphasizes good sportsmanship and respect. Uniforms and equipment are available for purchase from instructor. No class 7/4. Make up Friday.

Wadoryu USA, Nishimura Shoji		Edison Community Center Hall A			
5350.300	8yrs to 18yrs	6/27 - 8/29	6:30pm-8:15pm	Th	\$125
5350.301	8yrs to 18yrs	6/28 - 8/30	6:30pm-8:15pm	F	\$125
5350.302	8yrs to 18yrs	6/27 - 8/30	6:30pm-8:15pm	Th F	\$145

## KARATE: YOUNG CHAMPIONS

This program combines safety awareness with self-defense instruction. Students learn verbal and physical skills for self-defense against bullies and strangers. Escape maneuvers and communication skills are taught to contract threats. Safety tips are discussed each week. Students progress in rank and earn their belts.

Young Champions		Murdy Community Center Hall A			
New Students					
5272.300	5yrs to 15yrs	6/28 - 9/13	5:15pm-5:55pm	F	\$86
Yellow Belt					
5272.301	5yrs to 15yrs	6/28 - 9/13	6:00pm-6:40pm	F	\$86
Orange Belt					
5272.302	5yrs to 15yrs	6/28 - 9/13	6:45pm-7:25pm	F	\$86
Purple Belt & Above					
5272.303	5yrs to 15yrs	6/28 - 9/13	7:30pm-8:10pm	F	\$86

## PERFORMING ARTS: SUNSHINE GENERATION OF HB

Make new friends while building useful lifetime skills! Gain confidence for public performing with NO pressure. Kids focus on singing, dancing, and public speaking with showmanship. Optional community performances after the end of the session. \$30 for Sunshine t-shirt, CD, and wordsheets. Parents are asked not to stay during rehearsals. No class 7/4.

Merdjanian, Iskui		Edison Community Center Hall B			
5248.300	7yrs to 12yrs	6/27 - 8/1	4:30pm-6:30pm	Th	\$89

## SKATING: ICE HOCKEY SKILLS

Learn basic skating skills necessary for hockey including forward and backward skating, stopping, and turning. Pucks and sticks are not used during this class. Includes skate rental, 30-minute lesson, free practice on day of class, and three additional skating passes to be used during the 4-week session.

Westminster Ice		13071 Springdale, Westminster			
5295.300	6yrs to 16yrs	7/31 - 8/21	6:10pm-6:40pm	W	\$37
5295.301	6yrs to 16yrs	8/3 - 8/24	10:45am-11:51am	Sa	\$37

## SKATING: ICE SKATING BEGINNING

Enjoy the Winter Olympics' most beautiful sport. Figure Skating. Learn to skate across the ice forward and backward, stop, hop, spin and more! Includes skate rental, 30-minute lesson, free practice on day of class (3:00-5:00pm for Wednesday class and 12:00-2:00pm for Saturday), and three additional skating passes to be used during the 4-week session.

Westminster Ice		13071 Springdale, Westminster			
5271.300	6yrs to 16yrs	7/31 - 8/21	5:10pm-5:40pm	W	\$37
5271.301	6yrs to 16yrs	8/3 - 8/24	10:45am-11:15am	Sa	\$37

## SKATING: OC ROLLER KIDS

Has your child expressed interest in playing hockey or roller derby? This class is designed for the aspiring skater. Drills range from beginner to advanced, based on the individual skater needs. Skaters to wear roller skates or inlines, protective gear - helmet, knee/elbow pads, and wrist guards.

Parra, Elena		Edison Community Center Patio			
5249.300	6yrs to 13yrs	7/13 - 8/10	10:00am-10:30am	Sa	\$45

Register Online! [www.hbsands.org](http://www.hbsands.org)

## Youth Classes

### SPANISH FOR FUN AND FOREVER: BEGINNING

Fun and developmentally appropriate for children of all ages. Class is packed with visuals, songs, rhymes, movement activities and games. Children have opportunities to create language and play. Parents are welcome to attend, observe and participate. Class taught by credentialed teacher. \$5 material fee due at first class.

Blades, Murnez Edison Community Center Hall B  
5252.300 5yrs to 8yrs 6/25 - 8/13 3:15pm-4:00pm Tu \$92

Blades, Murnez Murdy Community Center Hall D  
5379.300 5yrs to 8yrs 6/24 - 8/12 3:15pm-4:00pm M \$92

### SPANISH FOR FUN AND FOREVER: INTERMEDIATE

This program is fun and developmentally appropriate for children of all ages. Class is packed with visuals, songs, rhymes, movement activities and games. Children have opportunities to create language and play. Parents are welcome to attend, observe and participate. Class taught by credentialed teacher. \$5 material fee due at first class.

Blades, Murnez Murdy Community Center Hall D  
5253.300 Grades 5-8 6/24 - 8/12 4:15pm-5:00pm M \$92

## Adult & Teen Classes

### AQUA EVENING: AQUA-TONE AEROBICS

This fun and very challenging water workout class will take you to a new limit of resistance using Hydro-Tone's Water Weights. Move from shallow to deep water utilizing and concentrating on the weaker muscle groups of your body. No prerequisite for swimming ability. No equipment necessary. Questions: aquatonefitness@aol.com. No class 7/4.

AquaToneFitness, Dawnette Lowry City Gym Pool  
4311.300 16yrs to Adult 6/28 - 8/30 5:30pm-6:30pm F \$76

### AQUATIC BODY BUILDING: HYDRO-TONE

Hydro-Tone is a unique and intense Body Building workout course. This system accommodates variable resistance of water to movement through it. Hydro-Tone Bells and Boots are designed to fit any individual who is looking for greater muscle stimulation. Equipment rental \$3 per class to be paid each class. Questions: aquatonefitness@aol.com. No class 7/4.

AquaToneFitness, Dawnette Lowry City Gym Pool  
4314.300 16yrs to Adult 6/24 - 8/26 8:15am-9:25am M \$106  
4314.301 16yrs to Adult 6/26 - 8/28 8:15am-9:25am W \$106  
4314.302 16yrs to Adult 6/28 - 8/30 6:45am-8:00am F \$106



## Adult & Teen Classes

### AQUATIC EXERCISE: AQUA ACTIVE

This class is designed for people with arthritis to gently improve range of motion, strength and endurance. Participants must be able to enter and exit the pool independently. A doctor's release is recommended if you have recently had surgery. No class 7/4-5.

Thurn, Debra City Gym Pool  
4315.300 Adult 6/24 - 7/26 12:15pm-1:15pm M W F \$75  
4315.301 Adult 7/29 - 8/30 12:15pm-1:15pm M W F \$81  
4315.302 Adult 6/25 - 7/25 12:30pm-1:30pm Tu Th \$65  
4315.303 Adult 7/30 - 8/29 12:30pm-1:30pm Tu Th \$71

### AQUATIC EXERCISE: AQUA-TONE AEROBICS

This unique class improves body tone, flexibility, cardiovascular strength and physical fitness through exercises utilizing all muscle groups. This high-energy workout is twice as effective in the water as it would be on land. No prerequisite for swimming ability. Questions: aquatonefitness@aol.com. No class 7/4.

AquaToneFitness, Dawnette Lowry City Gym Pool  
4312.300 16yrs to Adult 6/24 - 8/26 7:00am-8:00am M W \$146  
4312.301 16yrs to Adult 6/25 - 8/29 7:00am-8:00am Tu Th \$139  
4312.302 16yrs to Adult 6/25 - 8/29 8:20am-9:20am Tu Th \$139  
4312.303 16yrs to Adult 6/24 - 8/26 7:00am-8:00am M \$76  
4312.304 16yrs to Adult 6/26 - 8/28 7:00am-8:00am W \$76  
4312.305 16yrs to Adult 6/28 - 8/30 8:20am-9:20am F \$76  
4312.306 16yrs to Adult 6/29 - 8/31 7:00am-8:00am Sa \$76

### AQUATIC EXERCISE: AQUACISE

Come challenge yourself in this extreme water workout. Designed to improve body tone, flexibility, cardiovascular strength and physical fitness through exercise performed in both shallow and deep water. All fitness levels will benefit. No prerequisite for swimming ability. No class 8/5 or 8/7.

Zschach, Alicia K City Gym Pool  
4310.300 12yrs to Adult 6/24 - 8/26 5:30pm-6:30pm M \$68  
4310.301 12yrs to Adult 6/26 - 8/28 5:30pm-6:30pm W \$68  
4310.302 12yrs to Adult 6/24 - 8/28 5:30pm-6:30pm M W \$131

### AQUATIC EXERCISE: FAT BURNING FRIDAYS

This calorie burning workout is performed in the deep end. Combining aqua aerobics, circuit training, and sprint work for the ultimate deep water exercise program.

Thurn, Debra City Gym Pool  
4313.300 Adult 6/28 - 8/30 11:15am-12:00pm F \$86

### AQUATIC EXERCISE: H2O BOOT CAMP

This UNIQUE program is a rigorous cross-training of swimming, water polo, water aerobics, modified plyometrics, and traditional strength and cardiovascular exercises. H<sub>2</sub>O Boot Camp challenges swimmers of all ages and physical shape. Whether you are a recreational swimmer or not, this 45 minute session will be hard work. Questions: aquatonefitness@aol.com.

AquaToneFitness, Dawnette Lowry City Gym Pool  
4525.300 16yrs to Adult 6/28 - 8/30 9:30am-10:15am F \$76

### AQUATIC EXERCISE: POOLATES - AQUAPILATES

Is designed to use the water's natural resistance to increase the body's full range of motion while stabilizing the core muscles. This mind-body workout incorporates movements based on the Pilates method, set in a healing environment of water that increases flexibility, core strength, postural alignment, and balance.

Thurn, Debra City Gym Pool  
4574.300 Adult 6/24 - 8/28 1:15pm-2:15pm M W \$166