



LAP SWIM/H2O AEROBICS

SUMMER 2012



LAP SWIM: Adult Only 17+
MON—FRI
6-9am, 12-1pm & 3—5pm
SAT & SUN
9am—1pm

H2O:
MONDAY-FRIDAY
9-10 am 5:30-6:30pm
SAT:
9—10am

Cost: \$4/person
Seniors (55yrs +) \$2
Senior Pass \$27/15
\$33/15 passes
\$71/35 passes

Cost: \$4.00/person
\$47/15 passes
\$2/seniors (55yrs & up)
Senior pass \$24/15 passes

Water Aerobics is offered for adults of all ages that are interested in enhancing their cardiovascular output while having fun in the water. Workouts are varied daily using noodles, weights, and water resistance. The Hawthorne Pool is a heated (80° F) outdoor pool, fully equipped with heated showers, changing rooms, and lockers.

For More Information Please Call (310) 970-7228