

S. A. F. E.



(Senior Aquatics Fitness Enthusiasts)

2018

This is a pre-registered program for those 60+ who are interested in getting in shape, maintaining their current level of fitness or just having a good time. The class meets on Monday, Wednesday and Friday..

JULY

Schedule of Classes

Day/Time	Class	Days	Instructors
Mon, Wed, Fri 7:00 AM	Aqua Arthritis Deep Water	Mon, Wed, Fri Mon Wed Fri	Carolyn K. Debra P. Maureen S. Debra P.
Mon, Wed, Fri 8:00 AM	Aqua Arthritis Deep Water Shallow Water	Mon, Wed, Fri Mon, Fri Wed, Mon, Fri Wed	Carolyn K. Staff/Judy F. Maureen Judy F. Maureen S.
Mon, Wed, Fri 9:00 AM	Aqua Arthritis Deep Water Shallow Water	Mon, Wed, Fri Mon, Wed, Fri Mon, Wed, Fri	Ademu C./Carolyn K Maureen S. Judy F.
Mon, Wed, Fri 10:00 AM	Aqua Arthritis Deep Water Shallow Water	Mon, Wed, Fri Mon, Wed, Fri Mon, Wed, Fri	Ademu C./Bob Judy F. Maureen S.
Mon, Wed, Fri 11:00 AM	Aqua Arthritis Deep Water Shallow Water	Mon, Wed, Fri Mon, Wed, Fri Mon, Fri Wed	Ademu C. Judy F. Maureen S. Bob/Gloria

SUMMER SESSION

June 6 – August 17, 2018

\$132 Prince George's County/Montgomery County

\$172 All other counties

Registration Ongoing