

CLASS	DAY	TIME	DATES	FEE
HEALTHY AGING				
Aqua Aerobics	M, T, W, TH, F	9:00-10:00am	6/3-8/30	M FREE
	M & TH	7:30-8:30pm	(fee per class)	Chai/NM \$5
Aquatic Exercise For Individuals With Arthritis	F	10:15-11:15am	6/7-8/30 (per month fee varies)	Inquire Aquatics
Private Swim Lessons For Adults (Individual 30 minute lessons)	M, T, W, TH, F, SA, SU	Call To Schedule	6/3-8/30 (5 - 10 sessions by appointment)	Fee Inquire In Aquatics
Tai Chi Regina Russo	M / W	10:15-11:15am	6/3-8/28	M FREE
Stretch and Strengthen Instructor from Metro Physical & Aquatic Therapy	M	11:00-12:00pm	6/3, 6/17, 7/1, 7/15, 8/5, 8/19	FREE
Senior Shape-Up (10 sessions)	M (Ann)	11:00-12:00pm	6/3-8/26	M FREE
	W,TH (Laura)		6/5-8/29	Chai \$32 NM \$62
Group Meditation Anju Jain (Registration required / 6 week session)	T	10:15-11:00am	8/6, 8/13, 8/20, 8/27, 9/3, 9/10	M \$50 Chai \$70 NM \$70
Chair Yoga	T	11:00-12:00pm	6/4-8/27	FREE
Sit and Fit	W (Ann)	11:00-12:00pm	6/5-8/28	FREE
Silver Sneakers Instructor from Metro Physical & Aquatic Therapy	F	10:00-10:45am Non-Members	6/7-8/30	FREE
		11:00-11:45am Members		
Blood Pressure Screenings Nurse Bunny Karalitzky from SYJCC	M	11:00-12:00pm	6/17, 7/8, 8/12	FREE

Some programs are staffed by volunteers and subject to change.
 Programs are free and open to the community unless otherwise noted.
 For more information call: Tina Block (631) 462-9800 x121 or Janine Mandera x147