

CLASS	DAY	TIME	DATES	FEE
HEALTHY AGING				
Aqua Aerobics	M, T, W, TH, F	9:00-10:00am	9/3-11/29 (fee per class)	M FREE
	M & TH	7:30-8:30pm		Chai/NM \$5
Aquatic Exercise For Individuals With Arthritis	F	10:15-11:15am	9/7-11/29 (per month fee varies)	Inquire In Aquatics
Private Swim Lessons For Adults (Individual 30 minute lessons)	M, T, W, TH, F, SA, SU	Call To Schedule	9/3-11/29 (5 - 10 sessions by appointment)	Inquire In Aquatics
Group Swim Lessons For Adults (8 Sessions at 30 minutes a lesson)	T	10:00-10:30am	Inquire In Aquatics For Session Dates (631) 462-9800 x132	M \$120
	TH	4:30-5:00pm		Chai/NM \$200
Tai Chi Regina Russo	M / W	10:15-11:15am	9/4-11/27	M FREE
Stretch and Strengthen Instructor from Metro Physical & Aquatic Therapy / 1st & 3rd Mon	M	11:00-12:00pm	9/16, 10/7, 10/21, 11/4, 11/18	FREE
Senior Shape-Up (10 sessions)	M (Ann)	11:00-12:00pm	9/9-11/25	M FREE
	W,TH (Laura)		9/4-11/28	Chai \$32 NM \$62
Group Meditation Anju Jain (Registration required / 6 week session)	T	10:15-11:00am	9/24, 10/8, 10/15, 10/22, 10/29, 11/5	M \$50 Chai \$70 NM \$70
Chair Yoga	T	11:00-12:00pm	9/3-11/26	FREE
Sit and Fit	W (Ann)	11:00-12:00pm	9/4-11/27	FREE
Silver Sneakers Instructor from Metro Physical & Aquatic Therapy	F	10:00-10:45am Non-Members	9/6-11/29	FREE
		11:00-11:45am Members		
Blood Pressure Screenings	M	11:00-12:00pm	9/16, 10/14, 11/11	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