



Adult Aquatics Classes Winter 2019

Aqua Aerobics 8 Week Session Starting 11/25/19

Low Impact: Tuesday & Thursday 9:00-10:00am (no class Thurs. 11/28)

Medium Impact: Monday 9:30 –10:30am & Friday 9:00-10:00am

High Impact: Monday & Thursday 7:30-8:30pm

Fees: SYJCC Members: **FREE** Non-members \$128 *** Registration required ***

Aqua Arthritis 8 Week Session Starting 11/29/19

Friday 10:00-11:00am

Fees: SYJCC Members: **FREE** Non-members \$140 *** Registration required ***

Adult American Red Cross Group Swim Lesson 8 Week Session Starting Tuesday 11/26/19 & Thursday 12/5/19

Beginner: Tuesday 10:00-10:30am **Advanced Beginner:** Thursday 4:30-5:00pm

Fees: SYJCC Members - \$100 Non-members \$140 ***Registration Required***

Registration is available online at www.syjcc.org or contact Carolyn Tynan ctynan@syjcc.org 631-462-9800 ext. 132

