



Adult Evening Fitness Challenge

Tuesday & Thursday

7:30 - 8:15 p.m.

45-minute fitness challenge

16 sessions

June 20 - August 17

**no class July 4*

**some classes may be reschedule if there is an event at the pool*

**weather related cancellations will be rescheduled by instructor*

Classes will include:

- lap swimming
- treading water
- water running
- water aerobics
- muscle training
- flexibility

**Fee: \$150 pool members / \$190 non-members
for unlimited classes**

OR

\$12 per session pool members / \$16 per session non-members

Payment due before start of your first class

***We recommend that you bring a towel, water bottle and a pair of goggles.**

Splash Aquatics, LLC • PO Box 972 • Palatine, IL 60078 • kim@swimwithsplash.com • 847-302-SWIM

Classes held at Peppertree Pool: 101 E. Dundee Road, Palatine, IL 60067



Fill out the form below and return to the pool. Please include payment with form - checks payable to Splash Aquatics, LLC.

Name _____ Evening Fitness T/Th Sessions (6/20 - 8/17)

Phone _____ Email _____

Fee \$ _____ OR \$12 or \$16 x _____ sessions Payment: cash _____ OR check # _____

Registration in the Splash Aquatics swim program waives all liability for Splash Aquatics, LLC & Peppertree Farms