

AQUATICS (ALL LESSONS 40 MINUTES)

CHILD MUST HAVE MET THE MINIMUM AGE REQUIREMENTS BY THE FIRST DAY OF CLASS.

Parent/Tot I (Ages 3 years and under) (8 classes)

Orientation to water awareness and water safety. Parent/child.

Dates: Tues., 10:10 a.m., Jan. 12-Mar. 2 (#10934)
Tues., 5 p.m., Jan. 12-Mar. 2 (#10931)
Wed., 9:30 a.m., Jan. 13-Mar. 3 (#10932)
Sat., 10:10 a.m., Jan. 16-Mar. 6 (#10933)

Location: Friendship Center, Rec. Pool
Fee: \$68R/\$73NR/\$55M

Parent/Tot II (Ages 3 years and under) (8 classes) Pre-requisite: Parent/Tot I

Orientation to water awareness, water safety and beginning water skill development. Parent/child.

Dates: Tues., 10:50 a.m., Jan. 12-Mar. 2 (#10935)
Tues., 5:40 p.m., Jan. 12-Mar. 2 (#10938)
Wed., 10:10 a.m., Jan. 13-Mar. 3 (#10937)
Wed., 6:20 p.m., Jan. 13-Mar. 3 (#10936)

Location: Friendship Center, Rec. Pool
Fee: \$68R/\$73NR/\$55M

Tiny Tots (Age 3) (8 classes)

Water skill development and safety.

Dates: Mon., 9:30 a.m., Jan. 11-Mar. 1 (#10939)
Wed., 10:50 a.m., Jan. 13-Mar. 3 (#10943)
Wed., 5 p.m., Jan. 13-Mar. 3 (#10942)
Thurs., 10:50 a.m., Jan. 14-Mar. 4 (#10940)
Sat., 10:50 a.m., Jan. 16-Mar. 6 (#10941)

Location: Friendship Center, Rec. Pool
Fee: \$68R/\$73NR/\$55M

Angel Fish I (Ages 4 & up not able to swim) (8 classes)

Water awareness, water safety and skill development.

Dates: Mon., 10:10 a.m., Jan. 11-Mar. 1 (#10918)
Mon., 5:00 p.m., Jan. 11-Mar. 1 (#10919)
Tues., 6:20 p.m., Jan. 12-Mar. 2 (#10920)
Thurs., 9:30 a.m., Jan. 14-Mar. 4 (#10921)
Sat., 8:50 a.m., Jan. 16-Mar. 6 (#10922)
Sun., 12:10 p.m., Jan. 17-Mar. 7 (#10923)

Location: Friendship Center, Rec. Pool
Fee: \$68R/\$73NR/\$55M

Angel Fish II (Ages 4 and up, not able to swim) (8 classes)

Prerequisite: Angel Fish I

Water skill development in preparation for Blue Fish.

Dates: Mon., 10:50 a.m., Jan. 11-Mar. 1 (#10928)
Tues., 9:30 a.m., Jan. 12-Mar. 2 (#10925)
Wed., 5:40 p.m., Jan. 13-Mar. 3 (#10924)
Thurs., 5 p.m., Jan. 14-Mar. 4 (#10926)
Sat., 8:10 a.m., Jan. 16-Mar. 6 (#10929)
Sat., 9:30 a.m., Jan. 16-Mar. 6 (#10927)

Location: Friendship Center, Rec. Pool
Fee: \$68R/\$73NR/\$55M

Blue Fish (Ages 4 and up) (8 classes)

Water safety and water skill development. Prerequisites: jump into water, swim 1/2 length on stomach and back and hold breath for 20 seconds.

Dates: Mon., 6:20 p.m., Jan. 11-Mar. 1 (#10915)
Mon., 7 p.m., Jan. 11-Mar. 1 (#10916)
Wed., 7 p.m., Jan. 13-Mar. 3 (#10917)
Thurs., 10:10 a.m., Jan. 14-Mar. 4 (#10912)
Thurs., 5:40 p.m., Jan. 14-Mar. 4 (#10913)
Sun., 12:50 p.m., Jan. 17-Mar. 7 (#10914)

Location: Friendship Center, Rec. Pool
Fee: \$68R/\$73NR/\$55M

Cat Fish (8 classes)

Water safety, skill development, and refinement.

Prerequisites: jump into deep water, tread water for 30 seconds, swim length of pool on stomach and back, surface dive and retrieve ring.

Dates: Mon., 5:40 p.m., Jan. 11-Mar. 1 (#10944)
Thurs., 6:20 p.m., Jan. 14-Mar. 4 (#10945)
Sun., 1:30 p.m., Jan. 17-Mar. 7 (#10946)

Location: Friendship Center, Lap Pool
Fee: \$68R/\$73NR/\$55M

Dolphins (8 classes)

Continue learning skill progressions with focus on stroke development. Must be able to swim the length of the pool.

Dates: Thurs., 5:30 p.m., Jan. 14-Mar. 4 (#10947)
Sun., 2:10 p.m., Jan. 17-Mar. 7 (#10948)

Location: Friendship Center, Lap Pool
Fee: \$68R/\$73NR/\$55M

Eels (8 classes)

Must be able to swim the length of the pool. Competitive stroke improvement.

Dates: Thurs., 5:30 p.m., Jan. 14-Mar. 4 (#10949)
Sun., 2:50 p.m., Jan. 17-Mar. 7 (#10950)

Location: Friendship Center, Lap Pool
Fee: \$68R/\$73NR/\$55M

**VOTED 1st Place
BEST SWIMMING
CLASSES**

by Central Penn Parent



AQUACISE (CONT.)

Adult Learn to Swim (Ages 16+) (8 classes)

Dates: Thurs., 7 p.m., Jan. 14-Mar. 4

Location: Friendship Center, Lap Pool

Fee: \$68R/\$73NR/\$55M (#11031)

Private Swim (6-1/2 hour lessons)

Instructors available to provide private swim lessons.

Dates: By arrangement, registrants will be contacted.

Location: Friendship Center, Pool

Private: \$138R/\$158NR/\$130M (#11022)

***Group-Private (class of 4):** \$90R/\$95NR/\$75M per person (#11019) (*must register as group.)

***Semi-Private (max two):** \$185R/\$220NR/\$180M (#11021)

Home School (Ages 5-12) (8 classes)

No instruction, open swimming. Meet new friends.

Dates: Tues., 11 a.m., Jan. 12-Mar. 2 (#11017)

Fri., 1 p.m., Jan. 15-Mar. 5 (#11018)

Location: Friendship Center, Leisure Pool

Fee: \$36R/\$39NR (Members free)

Friendship Center Masters Swim Team (18+) (30 classes)

Fun, Fitness and Friendly Competition! This program offers on deck coaching for competitive and fitness swimmers of varying levels and abilities. Swim meets are optional. Sign up for 1, 2, or all 3 days (prorated).

Dates: Mon./Wed./Fri., 5:30-7 p.m., Jan. 11-Mar. 19

Location: Friendship Center, Lap Pool

Fee: \$95R/\$105NR/\$77M (#11000)

PADI Discover Scuba (Ages 12+)

Intro to scuba in a highly supervised manner. Learn dive safety, and equipment. Give it a try w/Ron Willis.

Date: Sunday, January 17, 1-3 p.m.

Location: Friendship Center, Lap Pool

Fee: \$17R/\$20NR/\$15M (#11102)

Aqua Boot Camp w/Cardio w/Roxanne (20 classes)

High energy cardio, strength training and sculpting.

Lots of equipment-you'll be surprised what you can do!

Dates: Mon./Wed., 6:15-7:15 a.m., Jan. 11-Mar. 17

Location: Friendship Center, Therapy Pool

Fee: \$68R/\$73NR/\$53M (#11114)

Water Aerobics w/Bonnie (20 classes)

Power packed, cardio workout w/little stress on joints.

Dates: Tues./Thurs., 9:30-10:30 a.m., Jan. 12-Mar. 18

Location: Friendship Center, Lap Pool

Fee: \$68R/\$73NR/\$53M (#10954)

Aquacise For Fun w/Joanne (20 classes)

Try a little bit of everything!

Dates: Mon./Wed., 7-8 p.m., Jan. 11-Mar. 17

Location: Friendship Center, Lap Pool

Fee: \$68R/\$73NR/\$53M (#10952)

Aquatic Arthritis w/Mary Jo (26 classes)

Range of motion exercise for flexibility and coordination.

Dates: Mon./Wed./Fri., 10:45-11:45 a.m., Jan. 11-Mar. 10

Fee: \$85R/\$88NR/\$71M (#10953)

OR- Tues./Thurs., 10:45-11:45 a.m., Jan. 12-Mar. 18

Fee: \$68R/\$73NR/\$83M (#11143) (20 classes)

Location: Friendship Center, Therapy Pool

Keep It Movin'! w/Jen (20 classes)

Repeated simple movements create a go at your own pace — great easy water workout.

Dates: Tues./Thurs., 6-7 p.m., Jan. 12-Mar. 18

Location: Friendship Center, Lap Pool

Fee: \$68R/\$73NR/\$53M (#10951)

Deep Water Walkers w/Sybil (20 classes)

22 exercises in 30 minutes. Burn more calories in less time without stress on your body. Cost of Walkers not included (\$50). Payment for shoes due at first class.

Dates: Mon./Wed., 5:45-6:15 p.m., Jan. 11-Mar. 17

Location: Friendship Center, Lap Pool

Fee: \$34R/\$37NR/\$26M (#11003)

Shallow Water w/Sybil (20 classes)

Exercise discs, noodles and weights — used for a great workout in a short time and loads of fun.

Dates: Mon./Wed., 6:15-7 p.m., Jan. 11-Mar. 17

Location: Friendship Center, Lap Pool

Fee: \$58R/\$63NR/\$46M (#10955)

Aqua Fitness w/Gina (20 classes)

High energy, low impact. Aqua equipment used. No stress on joints. All levels welcome.

Dates: Tues./Thurs., 7:15-8:15 p.m., Jan. 12-Mar. 18

Location: Friendship Center, Therapy Pool

Fee: \$68R/\$73NR/\$53M (#11028)

Deep Water Workout-Pump Up the Jam w/Roxanne (20 classes)

High intensity, low impact. All types of equipment with cardio/toning workout and groove to the music.

Dates: Tues./Thurs., 6:15-7:15 a.m., Jan. 12-Mar. 18

Location: Friendship Center, Lap Pool

Fee: \$68R/\$73NR/\$53M (#11113)



AQUACISE (CONT.)

Body Tone Workout” w/Roxanne (10 classes)

It’s Friday! Stretch, lengthen and tone muscles by using different exercise modalities, water equipment and more.

Dates: Fri., 6:15-7:15 a.m., Jan. 15-Mar. 19

Location: Friendship Center, Therapy Pool

Fee: \$38R/\$41NR/\$30M (#10971)

Aqua Fitness w/Gina (10 classes)

Work, shape and tone all major muscles with low to moderate intensity movements. Bring aqua shoes or sneakers.

Dates: Sat., 8:15-9:15 a.m., Jan. 16-Mar. 20

Location: Friendship Center, Therapy Pool

Fee: \$38R/\$41NR/\$30M (#11029)

Especially For You...

GIFT CERTIFICATES AVAILABLE!

Programs, Trips & Membership — ALL KINDS OF FUN THINGS! Treat your friends and family to the gift of Friendship!

FINANCIAL ASSISTANCE GRANT PROGRAM - SCHOLARSHIP FUNDS

The Friendship Center provides financial assistance grants for programs or membership at the Friendship Center. Interested applicants may obtain an application by calling 657-5635. Donations towards the scholarship funds are greatly appreciated.

ATTENTION SENIORS

The Friendship Center is now participating in the Medicare Forever Fit program and Silver and Fit for seniors. Forever Fit is a senior fitness program offered through Medicare and several health care providers that allows participating seniors the opportunity to have a free Friendship Center membership. Call 657-5635 (106) to see if you qualify!

JUST ADDED . . .

NICHA (National Independent Health Club Association)

MASSAGE/WELLNESS

MASSAGE THERAPY AT THE FRIENDSHIP CENTER



Doria Walsh, CMT



Tiffany Smith, CMT

Take time to relax . . .
By appointment only! Call today!
Spaces fill quickly.

DO YOU HAVE QUESTIONS ABOUT WELLNESS?

OUR WELLNESS COACH IS HERE FOR YOU!

Mary Jo can give you a tutorial on fitness equipment or answer any questions you may have about fitness, weight training, nutrition, stress reduction, cardiovascular exercise, or anything else related to fitness.



SET UP A FREE APPOINTMENT TODAY.

FRIENDSHIP CENTER MEMBERS ONLY.

Healthways Socials

Join us the last Friday of every month for a special morning! Meet the staff, make new friends, enjoy bagels & coffee, and take part in FREE informational programs. Exclusively for Friendship Center Healthways Members!

Upcoming Dates (seminars start at 9:30 a.m.)

FRIDAY, NOVEMBER 20 — “What’s On Your Plate”

FRIDAY, DECEMBER 18 — “Everyday Habits”

FRIDAY, JANUARY 29 —

“Everyday Weight Management”