

# SUMMER 2020 PROGRAMS

## WITH PHYSICAL DISTANCE



### Expressive Dance

14 years and older  
Heritage Park Barb  
Fri 11:00-12:00 pm Jul 10-Aug 28  
Free

### Indoor Walking

14 years and older  
Main Rm  
M/W/F 8:00-9:00 am Jul 13-Sep 30  
#4237 \$10/season

### Flow Yoga

14 years and older  
4<sup>th</sup> Street Pl Tessa  
Tue 9:00-10:00 am Jul 21-Sep 29  
#4251 \$88/11 Sessions  
Fri 9:00-10:00 am Jul 24-Sep 25  
#4252 \$80/8 Sessions

### Mini Kickers Soccer

4-6 years  
Cousins Park Randey  
Tue 3:30-4:00 pm Jul 21-Aug 25  
#4253 \$12/6 Sessions

### Spin, Core, Stretch

14 years and older  
Main Rm Frances  
Wed 6:30-7:30 pm Jul 22-Sep 30  
#4254 \$88/11 Sessions

### Tai Chi for Wellness

14 years and older  
Heritage Park Ruth  
Thu 9:15-10:30 am Jul 7-Aug 25  
Free

### Therapeutic Yoga

14 years and older  
Community Ctr Dawn  
Mon 10:00-11:15 am Jul 20-Aug 28  
#4255 \$100/10 Sessions  
Thu 10:00-11:15 am Jul 23-Sep 3  
#4256 \$70/7 Sessions

### Zumba

14 years and older  
4<sup>th</sup> Street Pl Carole  
Tue 5:30-6:30 pm Jul 21-Sep 29  
#4257 \$88/11 Sessions

### Red Cross Swim Lessons

6 years and older  
Swim Kids level 4-10 only.

Swim Bay

**10:30 am SwimKids 6/7**  
**10:30 am SwimKids 8-10**  
**11:00 am SwimKids 4/5**

Jul 6-17	M-F
Jul 20-31	M-F
Aug 10-21	M-F

30 min classes: \$40/10 sessions  
45 min classes: \$50/10 sessions

### Fitness Room

14 years and older  
Main Rm  
M-F 8:00 am-3:45 pm\* Jul 13  
(No access 11:30 am-1p)  
\$20/month  
\$40/3 months

### Pickleball

14 years and older  
Main Rm

**1.0-2.5**

Mon 1:30-3:30 pm Jul 20-Sep 28	#4242 \$28.35/10 sessions
Wed 9:05-11:05 am Jul 15-Sep 30	#4243 \$34.65/11 sessions
Fri 9:05-11:05 am Jul 17-Sep 25	#4243 \$34.65/11 sessions

**3.0-3.5**

Mon 9:05-11:00 am Jul 20-Sep 28	#4239 \$28.35/10 sessions
Wed 1:30-3:30 pm Jul 15-Sep 30	#4240 \$34.65/11 sessions
Fri 1:30-3:30 pm Jul 17-Sep 25	#4241 \$34.65/11 sessions

**3.75+**

Tue 1:30-3:30 pm Jul 21-Sep 29	#4248 \$34.65/11 sessions
Thu 1:30-3:30 pm Jul 23-Sep 24	#4249 \$34.65/11 sessions

**All Play**

Mon 11:15-1:15 pm Jul 20-Sep 28	#4245 \$28.35/10 sessions
Wed 11:15-1:15 pm Jul 15-Sep 30	#2446 \$34.65/11 sessions
Fri 11:15-1:15 pm Jul 17-Sep 25	#4247 \$34.65/11 sessions

**Not sure  
which level to  
register your child?**

We would be happy to assess your child's swimming ability. Visit the lifeguards at Swim Bay after June 30 for a swim evaluation.

**RECEIVE  
10% OFF**  
when you enroll  
in 2 or more select  
activities

## REGISTRATION STARTS

RETURNING PEACHLANDERS ONLY: THU, JUL 9, 8:30 AM (PHONE)  
ALL ACCESS: FRI, JUL 10, 8:30 AM (ONLINE & PHONE)  
IN PERSON: MON, JUL 13, 8:30 AM