



LAP SWIM/INDEPENDENT WORKOUT

FALL 2016- SPRING 2017



**LAP SWIM:
MON—WED/FRI
6-10 am, 12-2 pm & 3:30—5:30 pm
THUR:12-2pm & 3:30—5:30pm
SAT & SUN
9 am—12 pm**

**INSTRUCTOR: AUG 22—OCT. 15
MON-FRI
5:30—6:30PM
SAT
9-10AM**

**STUDENT GUIDED: 2016—2017
M-W/F
9-10AM
THUR: 12-2pm/3:30-6pm
SAT: 9—10am**

**Cost: \$4/person
Seniors (55yrs +) \$2
Senior Pass \$27/15
\$33/15 passes
\$71/35 passes**

**Cost: \$4.00/person
\$47/15 passes
\$2/seniors (55yrs & up)
Senior pass \$24/15 passes**

Independent workouts are offered to adults of all ages that are interested in enhancing their cardiovascular output while having fun in the water. Workout using noodles, weights, and water resistance equipment. The Hawthorne Pool is a heated (80° F) outdoor pool, fully equipped with heated showers, changing rooms, and lockers. 17+ years and older.

For More Information Please Call (310) 970-7228