

WATER AEROBICS

Mondays & Thursdays • 7:15-8:15PM
Shelbyville High School Pool
Fee: \$30 per month

Both classes
will share
pool from
7:15-8:15pm



A refreshing way to tone, shape, and feel better! Each workout will consist of warm-up, aerobics, and a cool down. All areas of the anatomy are worked to receive overall conditioning.

BENEFITS

- Low Impact on Joints
- Decreased Muscle Soreness
- Improves Muscular Endurance
- Improves Core Strength
- Keeps Body Cool
- Great Calorie Burner
- Improves Flexibility
- Fun & Enjoyable!

PRE-REGISTRATION is required at the Parks Office.
Registration will be monthly!



LAP SWIM

MONDAY & THURSDAY

6:30-8:30pm

Shelbyville High School

\$20 PER MONTH

Pre-registration is required through
the Parks Office, 945 S Tompkins Street
392-5128

Thank you so much to the Shelbyville High School
for allowing us to utilize their facility!

Wine & Canvas

September 21

Time: 6-8pm

Blue River Park Shelter
725 Lee Blvd

If bad weather class will be held at the
Parks Dept. 945 S Tompkins Street

COST: \$30

This includes wine,
cheese, fruit & supplies!!!!



Must be pre-registered by
September 19th

Want To Become A Lifeguard?



Lifeguard Training



We will be offering a
certification class.

Date to be announced. Must be 15 years or older.

Call our office at 392-5128 for more information!