

# Spring Aquatic Programs

## Small Fry Swimming

This program will focus on ways for you to enjoy the water with your little one! Parents will learn teaching methods for water adjustment and basic skills. An adult must accompany child in pool. The program is designed to make your child more comfortable in and enjoy being around water. It is not designed to teach your child how to swim. Water temperature is between 78-80 degrees. Please note: if your child is not potty trained, they must wear a swim diaper. Contact SEP Community Education for more information

<u>Cost</u>	<u>Ages</u>	<u>Location</u>	<u>Days</u>
\$31.00	6 months - 6 years	HS Pool	Wednesdays
<u>Program#</u>	<u>Time</u>	<u>Date</u>	<u>Deadline</u>
135	6:15 - 6:45 p.m.	Mar. 24 - May 12	Mar. 17
136	7:00 - 7:30 p.m.	Mar. 24 - May 12	Mar. 17

## Water Aerobics

Aquatic exercise is a great way to stay in shape and remain healthy without putting too much stress on your joints. Participants will enjoy improved flexibility, endurance, and muscle tone. You do not need to know how to swim to participate. Fitness provided in chest-level water. Water temperature is between 78-80 degrees. Participants must be 48 inches to the chin in order to stand on the bottom of the pool. Contact SEP Community Education for more information

<u>Cost</u>	<u>Ages</u>	<u>Location</u>	<u>Days</u>
\$53.00	12+	HS Pool	Mon./Thurs.
<u>Program#</u>	<u>Time</u>	<u>Date</u>	<u>Deadline</u>
124	6:00 - 7:00 p.m.	Mar. 29 - May 17	Mar. 22
125	7:00 - 8:00 p.m.	Mar. 29 - May 17	Mar. 22

**All aquatic programs are offered through the Southeast Polk Community Education.**

**There are four ways to register**

1.) Online at

[www.se-polk.k12.ia.us/community-ed.html](http://www.se-polk.k12.ia.us/community-ed.html)

2.) In Person or by mail (make check payable to Central Place Community Education)

3.) Fax-515.266.3056

4.) Phone-266.6795 Between 8:00am and 4:30pm

**Additional programs are available at <http://www.centralplace.org/>**

