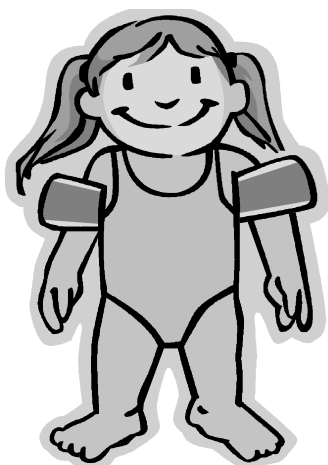


Recreational Swimming at the Lake Wildwood Pool



POOL OPENS MAY 19TH!

Entrance is FREE to all residents/members who have purchased a \$5.00 LWW ID card from the Security Dept. and are in good standing. Each resident/member 9+ must possess an ID card for free entrance.

Resident/member without an ID card and/or guests must pay \$2.00 per visit. Children 8 yrs. old and under are FREE with a paid adult 18+ or LWW ID holder and must be accompanied by a paid adult 18+ or LWW ID holder.

Open Swim & Water Aerobics Schedules

Pool Schedule:

May 19th - August 18th

The Pool schedules can be found on the last page of the Summer Activities Guide.

Schedules are subject to change. If changes do occur, schedules can be picked up at the Marina Recreation Department.

Water Aerobics Schedule:

Mondays, Wednesdays &
Fridays

8:30 - 9:30 am

Tuesdays & Thursdays

4:30 - 5:30 pm

Saturdays

9:30 - 10:30 am

These classes are designed to provide an overall workout with emphasis on toning and conditioning of all of the major muscle groups. The classes consist of warm up, stretching, toning with dumbbells, and various other training techniques. Cost of the class is \$3.00 with an ID card.

Deep Water Aerobics:

Tuesday & Thursday

8:30 - 9:30

Circuit Training:

Tuesdays & Thursdays

9:30 - 10:30

These classes are designed to provide an overall workout with emphasis on toning and conditioning of all of the major muscle groups. The classes consist of warm up, stretching, toning with dumbbells, and various other training techniques. Cost of the class is \$3.00 with an ID card.