



AQUATICS BOOT CAMP

Kick your water workouts with a HIGH INTENSITY pool workout for strong and confident swimmers. This is a rigorous cross training class that uses swimming, water polo, water aerobics and strength and conditioning workouts.

MANDATORY swim test on your first day.

Ages: 16+

When: Mondays, Tuesdays & Thursdays
(with the exception of July 4th - classes to be held M, T, W that week)

Time: 4:45 - 5:45 PM

Cost: \$20 per week

Where: The Ranch Pool
2052 Erwin Ranch Rd.

Instructor: Allison Mendez



REGISTER TODAY!

Register online at www.bigbearparks.com - Call (909) 866-9700 for more info.