

# Summer Time Fun



## Swim Lessons

June & July Sessions

\$35 members/\$40 non members Per Session

Mondays/Wednesdays

Ages 6 months- 3 years at 11am-11:30am

Ages 4-5 years at 11:45am-12:15pm

Ages 6-12 years at 6:00pm-6:30pm

Ages 13 and up at 6:30pm-7:00pm

Registration deadline is Friday before class starts.

Space is limited!

## June- Tuesdays- Drop in Dodge Ball

Ages 16 & Up , Co-ed \$4 per person 6pm-8pm

## July- Thursdays- Drop in Volleyball

Ages 14 & Up, Co-ed, \$4 per person 6pm-8pm

**Taekwondo**  
**Mon/Wed 4:30p-5:30p**  
**\$40 Members/\$50 Non Member**



© stencil-workshop.com



Ages 5 -12 \$20 Registration Fee

\$45 a week Anniston Residents

\$50 a week Non Residents

Monday-Friday 7am-5:30pm



## Ball Room Dance Party

Saturdays 10:30am-12noon

1/2 hour lesson & 1 hour dance party!

\$10 per session



Anniston Barracuda Swim Team

Ages 5-18 \$30 month

### Hours of Operation

Monday-Thursday 5:30am-9:00pm

Friday 5:30am- 7:00pm

Saturday 7:00am-5:00pm

Sunday 1:00pm- 5:00pm

# Group Fitness



Tues/Thurs 9am

45 Minutes of pilates and yoga. Stretching, Core Strengthening and Balance.

For all ages,

## Body Blast

45 minutes of an all over body workout using weight training and cardio

M-W-F 9am

M-W 5:30pm

## Forever Fit

M-W-F 10AM

45 minutes—low impact land based fitness



M-W-F—8am

M-W— 6:30pm

Tue-Thurs— 4:30pm

Sat—8:30am

45 min of a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics and Isometric poses.



M-W-F—8am & 9am

Tues-& Thurs 9am, 10am & 5:30PM



Tuesday & Thursday 6:30pm

45 minutes of yoga



Tues/Thurs

10am & 530pm

Mon/Wed

7:30pm

45 minutes of a Latin Dance inspired workout

### Ai Chi- Fri 10am

Ai Chi is similar to our PiYo class, only in the water! All levels welcome, experience a stress relieving mind/body workout.

**For more information call**

**256/847-7349.**

**Visit us on Facebook—**

**Anniston PARD Aquatic and Fitness Center.**