



**BOYS & GIRLS CLUB  
OF GREATER WESTFIELD**

# Morning Aquatics Schedule September & October 2010

Call the Club at 562-2301 for details & program start dates  
Memberships available with certain privileges—

Adults \$125.00 per year—Seniors \$99.00 per year

Rev 8/13/10



**Adult/Senior Swim**  
Join our “Noodlers” for an excellent physical fitness “go at your own pace” way to start the day. Combine a quick workout in the weight room with a swim in our pool.  
Adults \$4.00/Seniors \$3.00

**Swimmers & Beginners**  
Parent and child under 5, including infants!! Connect with your little one while introducing them to the joy of being in the water.  
  
\$3.00 per Half Hour Session

**Seniors in Motion**  
Adults and seniors are encouraged to build muscle strength, endurance and cardio-vascular fitness with a regular swimming regimen.  
Adults \$4.00/Seniors \$3.00

**Tiny Bubbles**  
A chance for your little one to be introduced to fun and safety in the water while learning very basic water skills. Ages 2-1/2 to 5. Parents remain on deck during lesson time.  
\$20.00 per 4 week session - One half hour class per week—Pre register at desk



	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<b>7:30 - 9:30</b>	Adult	Adult Swim	Adult	Adult Swim	Adult Swim* TIL 9:00 ONLY
<b>9:30 - 10:00</b>	Swim	Tiny Bubbles	Swim	Tiny Bubbles	
<b>10:00 - 10:30</b>	Tiny Bubbles	Swimmers & Beginners	Swimmers & Beginners	Swimmers & Beginners	
<b>10:30 - 11:00</b>	Tiny Bubbles	Tiny Bubbles	Home School Swim Pre-registration required	Tiny Bubbles	
<b>11:00 - 12:00</b>	Swimmers & Beginners 11:00—11:30 — Seniors in Motion 11:30—12:30	Seniors in Motion	Home School Swim Pre-registration required	Swimmers & Beginners 11:00—11:30 — Seniors in Motion 11:30—12:30	

**PLEASE REMEMBER** We follow the Westfield Public School Calendar—All times subject to change  
**CLUB CLOSED ON SEPTEMBER 6TH—NO SWIMS**  
**New this fall—FAMILY SWIM!!**  
**11:00am—12:00 noon on Saturdays—October 2, 9, 16 and 23rd!**