

# **POOL CLASSES @ The Leonia Swim Club**

with **ALISON MILLER**

## ***Water Fitness***

**Wednesdays**

**8:30-9:15am**

**June 26-August 14**

**(Open to Non-Members  
for an extra \$10)**

**\*\* no class 7/31 \*\***

**Swimming fundamentals  
& basic calisthenics in  
the water**

## ***Hydro Therapy***

**Sundays**

**11:00-11:45am**

**June 23-August 11**

**(Members only)**

**\*\* no class 7/28 \*\***

**Gentle stretching &  
somatic release seated  
on the side of the pool or  
in shallow water**

***Each Class  
7 Sessions  
for \$50***

## ***Aqua Aerobics***

**Tuesdays**

**4:00-4:45pm**

**June 25-August 13**

**(Members only)**

**\*\* no class 7/30 \*\***

**Full body cardio workout  
with noodles & weights in  
medium to deep water**

**Call 201-592-5783  
to register now!**

**Leonia Swim Club  
140 Grand Ave  
Leonia, NJ 07605**