## **Adult Swim Programs**

#### **Hydro Trim**

Tuesday 8:30–9:15 am Thursday 8:30–9:15 am

\$3.00 per class

#### Classes begin Thursday July 6

Hydro-Trim is a moderately intense workout targeting cardio fitness, strength, endurance and flexibility while incorporating dance moves. This blends it all together! You can shake, shimmy and sing along with the music for a fun filled workout. Trim and tone your body using the buoyancy of water and it's natural resistance.

### **Fit Pass**

Receive a 8 class pass have it punched each class you attend and get 1 classes free!

Your Fit pass is good for any Hydro Trim Class.



## **Youth Swim Programs**

# **Morning Group Swim Lessons**

Register at the front office.

Must be registered by the Thursday before the sessions starts or a \$5.00 late fee will be charged.

Monday— Thursday  $\sim 1$  week sessions \$26 per session members \$36 per session non members

Time slots available are: 9:15, 9:45 10:15, 10:45
We reserve the right to combine classes if there is low enrollment.

Session One	<b>June 19−22</b> ~ Monday-Thursday
Session Two	June 26–29 ~ Monday– Thursday
Session Three	<b>July 3</b> − <b>7</b> ∼ Mon–Fri, no Tuesday
Session Four	July $10 - 13 \sim \text{Monday-Thursday}$
Session Five	July $17 - 20 \sim \text{Monday-Thursday}$
Session Six	<b>July 24 – 27</b> $\sim$ Monday-Thursday
Session Seven	July $31-3 \sim \text{Monday} - \text{Thursday}$
Session Eight	$August \ 7 - 10 \sim \mbox{Monday-Thursday}$

### **Private Lessons**

\$20 per half hour - Private Lesson \$17 per half hour - Semi-Private Call office for availability

### **Pool Party**

Why not have your next birthday party at the pool? The Party Room can be reserved from 12:30—2:30 or 3:30—5:30 any day of the week. Contact the pool for more information.



# **Community Events**

#### Hawaiian Luau!

Friday, June 16 4:00-8:00 p.m.



### **Christmas in July!**

Saturday, July 29, 4:00-8:00 p.m.

#### Night at the Movies!

(\$2.00 entry fee per person) Saturday, August 12, 8:30 p.m. doors open



#### Souderton Pool is located at 460 Wile Avenue Souderton, PA 18964

You can also visit us online at www.soudertonborough.org and like us on Facebook.

For more information on other programs, please contact the pool office at 215.703.0123

#### The Pool Closes early

The pool will be closing at 5:00

Thursday, July 6, 2017 Thursday, July 20, 2017 Tuesday, July 25, 2017 Friday, August 11, 2017 (Rain-date: August 13th)

In the event of cancellation due to inclement weather there may be other days that the pool will close.

The **Lower Pool** will be closed 5:30-7:00pm May 30-June 12 for swim team practice.

#### Abbreviated hours:

Monday to Friday –May 30 - June  $9 \sim 3pm-8pm$ Monday to Friday —August 28-Sept.  $1 \sim 4pm-7pm$ 



### Souderton Community Pool 2017 Summer Programs

Pool Open May 27—Sept 4, 2017



#### **Pool Hours**

Regular Season Everyday:

12:00-1:00 p.m. Adult Lap Swim & Senior Swim

Monday-Saturday

12:00-8:00 p.m. Open Swim

Sunday

12:00-6:00 p.m. Open swim

**Evening Pricing Available** 

#### Abbreviated hours:

Monday to Friday—May 30 - June 9  $\sim$  3pm-8pm Monday to Friday—August 28 - Sept. 1  $\sim$  4pm-7pm

Saturday and Sunday-Regular Hours

**Pool Manager:** Laura Aquilante Fiona Melissen