**4 week Summer Splash**

**GET FIT, GET WET**

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**Tuesdays & Thursdays @ 7pm,**

**(mixture of endurance training & strength training in shallow and deep end of pool)**

# Swimming is not a requirement

## (Flotation Belts available)

## Classes start August 3 and end August26

**Cost: Members of Valdese Rec $20**

**Non Members $33**

**LIMITED to 18 participants, need a minimum of 10**

***Must SIGN up and PAY at Fitness Desk by July 30***

***Sign-Ups start Monday July 5th***

**Valdese Recreation Center**

**Instructor: Toni Reece**