TOOTELL AQUATICS CENTER
Aquatic Fitness/Certifications/Private Swim

SENIOR WATER EXERCISE: ages 55+
This is a safe non-jarring water aerobics exercise program which improves stamina, strength and flexibility. These programs are designed to meet the needs of individuals over the age of 55 years. This class consists of a full-hour of water exercise using a variety of aquatic exercise equipment, music and movements designed to work each muscle and joint.

Session F (5257): April 11-May 21
   $20 + TAC Membership
Session G (5375): May 23-June 27
   $20 + TAC Membership
Session H (5376): June 29-July 30
   $17 + TAC Membership

Class meets Monday/Wednesday/Friday and participants may choose between the following times:
8:00-8:55am OR 9:00-9:55am

HYDRO FITNESS:
This is a fast-paced class which provides a challenging cardiovascular workout. Water provides extra resistance on the muscles and also reduces the impact of movements on the joints. No swimming skills required. This class accommodates beginners & advanced participants.

Session F (5261): April 9-May 9
   $45 M/$90 NM
Session G (5377): May 21-June 20
   $45 M/$90 NM
Session H (5378): June 25-July 30
   $45 M/$90 NM

Classes held Monday/Wednesday 6:30-7:15pm

CERTIFICATIONS:
Interested in American Red Cross trainings and certifications? Visit our website, uri.edu/campusrec for upcoming Safety and Leadership classes, including: Lifeguarding, WSI, CPR and First Aid.

PRIVATE SWIM LESSONS: all ages
Private lessons are offered on a one-on-one basis at times that fit your schedule!
Our qualified instructors make learning more enjoyable for all skill abilities from non-swimmer through advanced competitive levels.
Days and times are coordinated with your personal instructor in conjunction with the Aquatics Specialist.
A semi-private lesson is a lesson where two participants choose to have a lesson together.
The cost of the half hour lesson includes both participants. Some instructors are trained to work with individuals with disabilities.

Registration for private swim lessons begins May 21st - call Cindy 401.874.7035 during regular business hours, lessons must be scheduled at least 48 hours in advance.

Private Fee (30 minute lesson):
   Member: $25 / Non-Member: $35
Semi-Private Fee (30 minute lesson):
   Member: $35 / Non-Member: $55

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<tr>
<th>Membership Benefits:</th>
<th>1 month</th>
<th>3 months</th>
<th>1 Year</th>
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<tbody>
<tr>
<td><strong>TAC Pass memberships open to the community!</strong></td>
<td><strong>Senior (55+)</strong></td>
<td>$20.00</td>
<td>$30.00</td>
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<td><strong>Membership Benefits:</strong></td>
<td><strong>Individual (12+)</strong></td>
<td>$30.00</td>
<td>$70.00</td>
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<td>1. Priority registration for Learn to Swim at uri.edu/campusrec or at the Rec Service Center in Mackal</td>
<td><strong>Family</strong></td>
<td>$44.00</td>
<td>$95.00</td>
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<td>2. Reduced rates for Learn to Swim program</td>
<td><strong>Extended Fam.</strong></td>
<td>$55.00</td>
<td>$120.00</td>
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<td>3. Use of pool during open swim hours</td>
<td><strong>An extended family is defined as immediate family members and two additional adults at the same address.</strong></td>
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<td>4. Ability to purchase Locker Service</td>
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**LTS & Aquatic Fitness Makeup Policy:** Please plan to attend the dates & times for class(es) listed on your registration form. Due to class size we are unable to switch classes for make-ups. Please plan accordingly when signing up for lessons.

**DETAILS:** uri.edu/campusrec
Aquatics Specialist: 401-874-7035