

During the month of
November

Seymour Aquatic & Fitness Center
will be hosting free admission with a
donation of a nonperishable food item to
our local food pantry's.
1 per person, per visit



Try our fitness classes to!

Bootcamp:

Nov. 1, 6, 8, 13, 15, 20, 27, 29
M/W 4:45-5:45 pm SHS Field house lobby

Aqua aerobics:

Nov. 2, 7, 9, 14, 16, 21, 28, 30
T/TH 6:00-7:00 am Big pool

Hydro-Fusion:

Nov. 1, 8, 15, 29
W 6:00-7:00 pm Big pool

Deep water Aerobics :

Nov. 3, 10, 17
F 6:00-7:00 am Big Pool Diving Well

Senior Fit Club:

Nov. 1, 6, 8, 13, 15, 20, 22, 27, 29
M/W 10:30-11:30 am Small Pool
Nov. 2, 7, 9, 14, 16, 21, 28, 30
T/TH 4:00-5:00 pm Small Pool

Winter Session Begins December 4th 2017.

