

Regular Water Aerobics



At the Lakeshore Pool - For Ages 18 & Older

	Morning 9:00-10:00am	Evening 6:30-7:30pm
Days:	Mon. - Wed. - Fri.	Tuesday & Thursday
Cost:	\$30 a month	\$20 a month
Dates:	#15509 September	#15515 September
	#15510 October	#15516 October
	#15511 November No classes 11/24	#15517 November No classes 11/24
	#15512 December	#15518 December
	#15513 January	#15519 January
	#15514 February	#15520 February

Deep Water Aerobics



At the Lakeshore Pool
For Ages 18 & Older

DEEP WATER AEROBICS CLASS is a low impact fitness session. Suspended up to your neck in water with the Aqua Jogger, you can breathe normally like you do on land as you move through the water. Your feet don't touch the bottom of the pool and the water provides resistance in all directions that you control by the speed of your movements.

Improve cardiac function, lower blood pressure, and set in motion a host of other benefits in the class. For safety reasons, participant **MUST** have the proper equipment to take the class: belt, delta bells, & cuff and participant must also be able to swim.

Cost: \$20 per month Instructor is Julie Parrish
Classes meet Tuesdays & Thursdays, 8:00-8:45am

#15521 September
#15522 October
#15523 November No class 11/24

#15524 December
#15525 January
#15526 February

Passes are available at the
**Lakeshore Recreation Center Pool and the
Stallings Community Center, 118 South White Street**

Family Passes

Family Size	3 Months	6 Months	Annual
4 or less	\$70.00	\$140.00	\$280.00
5	\$80.00	\$160.00	\$320.00
6	\$90.00	\$180.00	\$360.00
Extra Person For Family over 6	\$25.00	\$25.00	\$ 25.00

Individual Passes

	Adult	Youth-Student- Senior
Daily	\$ 4.00	\$ 3.00
Monthly	\$ 25.00	\$ 18.00
Quarterly	\$ 68.00	\$ 40.00
Annual	\$180.00	\$124.00

Youth: 2-17 years of age **Student:** must provide valid ID
Senior: 60 years plus **Children Under 2 - \$1.00**

Hours of Pool Open Swim Times Lap Swim Times

Day	Open Swim Times	Lap Swim Times
Monday	7:00am-10:00am	4:00pm-8:00pm
Tuesday	7:00am-9:00am	6:30pm-8:00pm
Wednesday	7:00am-10:00am	4:00pm-8:00pm
Thursday	7:00am-9:00am	6:30pm-8:00pm
Friday	7:00am-10:00am	4:00pm-8:00pm
Saturday	12:00pm-5:00pm	
Sunday	1:00pm-5:00pm	

Due to Bluefin Swim Meets during the year, the pool will be closed on some weekends.

Open Swim Times are recreational & lap swimming for all ages.

Lap Swim Times refer to two open lanes for lap swimmers only. If there are multiple swimmers, the swimmers will have to circle swim. Lap swimming is **ONLY** for patrons swimming laps.

POLICY: Children 10 years of age and younger must be accompanied by an adult 18 years of age or older.

Lakeshore Pool Private Pool Rentals



The pool can be rented on Saturday or Sunday from 5:30 to 7:00 p.m. or 7:30 to 9:00 p.m. There will be a \$20.00 charge for any cancellations without a seven day notice. All fees include lifeguards on duty. Call (770) 832-1161 to make your reservation. Payments may be made at the Community Activities Center, by calling or online at www.cprcad.org. Fees are as follows:

\$130 for 20 Swimmers or Less	
\$155 for 21-40 Swimmers	\$180 for 41-74 Swimmers
\$205 for 75-99 Swimmers	\$230 for 100-125 Swimmers

Reservations must be made by 4:00 p.m. on Thursday for the following week in order for our pool staff to schedule lifeguards for your event.