

## *Pool Classes for Seniors Age 55+*

### *Instructors*

All of our instructors CRP & first aid trained.

### *Arthritis Aquatics*

**Cost:** \$55 for 15 sessions – Full Card  
\$30 for 7 sessions – Half Card

**Class Description:** If you suffer joint and muscle pain that accompanies arthritis, this class is for you. Those who have had joint replacements have Parkinson's disease or mobility issues may also benefit from this class.

### *Water Works*

**Cost:** \$55 for 15 sessions – Full Card  
\$30 for 7 sessions – Half Card

**Class Description:** This lively class will get your heart rate moving and your muscles working. Not geared for people with arthritis or other joint or muscle ailments.

### *Senior Open Swim*

**Cost:** \$50 for 30 sessions – Full Card  
\$30 for 15 sessions – Half Card

**Class Description:** This is not a structured class time. Use the time to swim laps or do your own exercise program. Hot tubs and sauna are also available for your use.

POOL CLASSES ARE **FREE** TO RESIDENTS LIVING AT ANY SUNSET SENIOR COMMUNITY.

**For pool closings or additional pool information, call the hotline at 616.457.5144.**

<i>SUNDAY</i>	<i>TIME</i>	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	<i>SATURDAY</i>
No scheduled classes	7:00am- 9:00am		Senior Open Swim		Senior Open Swim		No scheduled classes
	9:15am- 10:15am	Water Works	Water Works	Resident Open Swim	Water Works	Resident Open Swim	
	10:30am- 11:30am	Arthritis Aquatics	Arthritis Aquatics	Arthritis Aquatics	Arthritis Aquatics	Arthritis Aquatics	
No scheduled classes	11:45am- 12:45pm	Arthritis Aquatics		Arthritis Aquatics		Water Works	No scheduled classes
	1:00pm- 3:00pm		Senior Open Swim		Senior Open Swim		
No scheduled classes	2:00pm- 5:00pm	Senior Open Swim		Senior Open Swim		Senior Open Swim	No scheduled classes
	5:30pm- 6:30pm		Arthritis Aquatics	Water Works	Arthritis Aquatics		