

Healthy Communities of Southern Inyo  
And the Lone Pine Unified School District

# ADULT LAP SWIMMING & AQUATIC FITNESS

At The Lone Pine Memorial Plunge Continues!  
**MONDAYS & WEDNESDAYS**



Adult Lap Swim

4:45 p.m. - 7:15 p.m.

(Only \$3.00 pool admission)

Aqua-Fitness

6:15 p.m. - 7:15 p.m.

(\$20 for 4 Weeks of Instruction)



- Wear a swimsuit or close-fitting shorts and t-shirt
- Bring a towel!

- *No swimming experience is necessary for the class.*
- *Class taught in shallow water.*

**New Session Starts on Monday, September 5<sup>th</sup>**

For more info: Call Shari Valdon at the LPUSD office (760) 876-5579