

U.S.D. 244 RECREATION

1110 Shea, Burlington, Kansas 66839
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burlingtonrec.com



POOL ACTIVITIES

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Indistrict registration September 10. Out of District registration September 15, 2009.

Swimmers under 54" tall must be accompanied by an adult or pass a swim test in order to swim unaccompanied.

INDOOR POOL HOURS

Monday-Friday

5:15-7:00 a.m.
8:30-10:00 a.m.

Monday-Thursday

3:30-7:30 p.m.
3:30-5:30 p.m. on Friday

Saturday

2:00-5:30 p.m.

Sunday

2:00-5:30 p.m.

WATER WALKING AND FITNESS

If you would like to exercise in the water but are not comfortable, ask a lifeguard about borrowing a life belt, water mitts, life jacket, etc. The water is a great way to get and stay in shape!

AQUA EXERCISE

Start your day with a workout in the water. Everyone is welcome, young and old. This is a

class for all levels of fitness. You are encouraged to work at your own pace.

Monday, Wednesday, Friday at 8:30 a.m.
FEE: \$1/class (purchase a fitness card at the front desk)

WATER WORKOUT

A workout in the water is a great aerobic/resistance workout while being easy on the joints. By working at your own pace, you will be able to get a great aerobic workout. The first 45 minutes will be basic exercises in the shallow water. The next 30 minutes will be exercises in the deep water for those who would like a little extra workout.

Amanda Fagan

Monday & Thursday

5:30 p.m.

Session I: Sept. 14 – Oct. 22

Session II: Oct. 26 – Dec. 8

Fee: \$24/session

ARTHRITIS FOUNDATION AQUATIC EXERCISE

The Arthritis Foundation YMCA Aquatic Program, a program co-developed by the Arthritis Foundation and the YMCA of the USA, will be offered at the Burlington Recreation Center. The Arthritis Foundation YMCA Aquatic Program is a recreational

series of gentle activities in a warm water pool and is open to anyone with arthritis. The program is designed to help relieve the pain and stiffness caused by arthritis while providing a fun, social opportunity. It is not necessary to know how to swim. Trained personnel from the Coffey County Health Department--Lindsay Payer, Cindy Joy and Thelma Jones, will conduct these sessions. Pre-registration at the Rec Center is recommended.

Mondays & Thursdays
2 – 3 p.m.
Sept. 21 – November 23
Fee: \$30

PRIVATE SWIM LESSONS

For those children or adults who do not learn well in a group setting, this is just for you. Private lessons will be four, 30-minute sessions. Classes will begin at 4 p.m. and will be scheduled on the half hour.

Mondays & Wednesday
October 19, 21, 26, 28
Minimum Age: 4 years old
Fee: \$50 Indistrict; \$54 Out of District