

## *Aquatic Exercise and NEW Open Swim Sessions Open to the Community this Spring*



The Viscardi Center announced the dates for the spring session of its Aquatic Exercise program (formerly called the Arthritis Swim program). In addition, the Center is now offering an Open Swim session for those, age 18 and over, who would like to utilize the heated pool for laps and general swimming.

- Indoor heated pool water (approximately 90 degrees)
- Small exercise class sizes with experienced instructor
- Convenient parking just outside pool entrance

The class schedule and pricing is noted below. A discount is being extended to individuals who sign up for both the Tuesday and Thursday Aquatic Exercise sessions.

**Aquatic Exercise:** Tuesdays - April 10, 17, 24; May 1, 8, 22  
Thursdays - April 12, 19, 26; May 3, 10, 24  
Class time: 4:00 p.m. to 5:00 p.m.\*  
Pricing: \$96 per person for one six-week session;  
\$176 per person for two (Tues. & Thurs.) six-week sessions



**W! Open Swim\*\*:** Fridays - April 13, 20, 27; May 4, 11, 25  
Class time: 4:00 p.m. to 5:00 p.m.  
Pricing: \$60 per person for one six-week session

**Space is limited! Reserve your spot today.**

**Call Denise Vargas at 516.465.1508 or email [dvargas@viscardicenter.org](mailto:dvargas@viscardicenter.org).**

**DON'T FORGET TO TELL YOUR FAMILY AND FRIENDS!**



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\*Please arrive 10 minutes prior to the start of the class. Please follow the signs for parking in the driveway near the pool entrance on the Searingtown Road side of the building.

\*\*Participants must be 18 years of age or older. No rafts, toys or inflatables will be allowed in the pool. Please follow the signs for parking in the driveway near the pool entrance on the Searingtown Road side of the building.