

Cohasset Swim Center

Splash into the Summer of 2009!

Friday Family Fun Night!

CSC members are welcome to join in for an evening of Fun!

Friday, JULY 24, 6 - 8:30 pm

Pizza and Ice Cream Sundaes will be provided!
Sign-up ahead of time so we can plan our pizza order.
Cost per Family: \$20, Cost per Person: \$6

Bring your own drinks and fixings - yummy salad...
Please remember NO GLASS or breakables.

Friday
Family Fun
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JULY 24
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American Red Cross Learn-To-Swim Program

Swim Lessons will be offered in four two-week sessions:

Session I: June 22 – July 3 Session II: July 6 – July 17
Session III: July 20 – July 31 Session IV: August 3 – August 14

Registration for Session III July 20 - July 31

Any member not in a session may register at anytime.

Members in Session II – sign-up Friday, **July 17**, after your swimmer's class.

Non-members may sign-up for Session III on **Saturday, July 18**
providing there is space available... First come, first service.

Swim
Lesson
Registration
for
Session III

Water Aerobics

June 30 - August 20

Tuesdays & Thursdays 1 - 2 pm

with Trish Berube

Members \$3.00 per class Non-members \$5.00 per class
(Discount passbooks available - Drop-ins welcome - Class sizes are limited.)

High intensity total body conditioning in deep water; cardiovascular and muscular strengthening, toning and stretching. This class provides the opportunity to perform exercises without straining. Great for circulation and improving overall fitness and well being. Floatation belts and resistive equipment will be used. Certified Water Aerobics Instructor.

Cohasset Swim and Dive Team

Home Swim Meet vs. MASK
is Friday, July 17, 12-5pm

Home Dive Meet
is Tuesday, July 21, 3-5pm