

Tuesday and Thursday evenings. Class size is limited and pre-registration and payment is required. To register please call the Customer Service Office at (559) 624-3408. For more information please call (559) 624-3421.

Registration began April 30th! First session begins June 11th.

STROKE TECHNIQUE WORKSHOP

Our next workshop is Saturday, May 18th. Improve efficiency and increase speed in the water. This workshop will work on stroke and flip turns. Class size is limited and pre-registration and payment is required. To register please call the Customer Service Office at (559) 624-3408. For more information please call (559) 624-3421.

10:30 AM to 12:00 PM Ages 7 to 12 years

SWIM TEAM PREP

This class is designed to prepare your child for Swim Team. Child must be able to swim a length of the pool non-stop and have a basic knowledge of all four strokes. Ages 7 to 12 years. Class size is limited and pre-registration and payment is required. Register in the Customer Service Office or by calling (559) 624-3408. For more information call (559) 624-3421.



Session 2: May 6 - 22 Registration began April 25th

**Mondays and Wednesdays 4:30 PM – 5:25 PM (3 weeks)
\$100 Members/\$120 Guests**

POOL ETIQUETTE

The pools are open to all members while classes are scheduled. However, please remember to be courteous to class participants and the instructors. Please do not swim through the class or hold conversations while classes are in progress.

Children under 12 years of age are permitted to participate in Family Swim with the direct supervision of a parent or legal guardian but are not permitted in the pool outside of scheduled activities.

GYM ETIQUETTE

Most cardiovascular gym equipment has a digital display component. These displays get dirty and wet from hands throughout the day. A dirty screen will be noticeable and uncomfortable to use for many members. That is why we are asking our members and guests to clean their equipment after each use.

When cleaning the display console remember to NEVER spray the console directly. The fluid can run behind the display causing damage to the electrical components. Please follow the procedure of spraying the microfiber towel provided and then proceed to wipe down the display console screen. If you have any questions, please contact the Fitness Desk for assistance (559) 624-3442.



SUMMER IS ON THE WAY!

As the days begin to warm up we'd like to remind our members that non-marking athletic shoes must be worn in all areas of Kaweah Health Lifestyle Fitness Center. Open toed shoes such as; Birkenstocks, sandals and slides are not permitted.

