

THE LIFESTYLE FITNESS CENTER



WELLNESS
WORKS



July
Aug. | 24

» News and information helping people make healthy lifestyle choices

UPDATES



Stay Up To Date

Sign up to receive text messages and or email alerts. See a membership representative for assistance.

July 4th Hours

Thursday, July 4, 2024
Open 6 AM- 4 PM

Hyprostatic Weighing

July 6th and August 3rd
2024

Member Referral Program

Bring Your Friends & Family to Visalia's Medically Based Health Club

For more information, contact (559) 624-3410.



Aquatic Tides

P & P (PARENTS & POLLYWOGS)

This 3-week class provides an introduction to basic swimming skills and water safety for children 6 months to 2 years. A parent must attend with the child and be in the water with them at all times. Each session consists of 6 - 1/2 hour classes, Tuesday and Thursday evenings. Class size is limited and pre-registration and payment is required.

CIRCLE SWIMMING: What is it?

While everyone loves having a lane to themselves, sometimes you may end up having to share a lane with one or even two swimmers. When this happens, you'll need to know how to Circle Swim. In the United States, it is similar to how we drive on the road. Circle Swimming goes counterclockwise: swim on the right side of the black line that runs down the middle of the lane. You will be on one side of the lane going down the pool, and the other side of the lane coming back. Think of the black line as a double yellow line in the middle of the road. We hope this helps make your experience in our lap pool more enjoyable.

July & August classes are FULL. For more information about future classes, contact the Aquatics Office at (559) 624-3421.



Photo: Courtest of Swimoutlet.com

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.