AQUA AEROBICS

Classes are designed to improve cardiovascular conditioning, stretching and muscle toning for ages 18+. Participants can pay for the full session or purchase a day pass for $7.

Mon, Wed, Fri: 9:15-10:15am
$39/R | $44/NR
Activity # 120328

SESSIONS:
March 2 - 27
March 30 - April 24

EISENHOWER POOL: 217-525-8847
WWW.SPRINGFIELDPARKSFUN.ORG
BECOME A LIFEGUARD

SIGN UP FOR A COURSE OR APPLY TO BE A LIFEGUARD TODAY!

MORE INFO: 217-525-8847
MASTER SWIM PRACTICE

This is a practice designed & organized by participating master swimmers. This program is offered to advanced swimmers, Ages 18+. Participants must purchase an up-to-date Annual Lap Pass along with the Master Swim add-on pass or pay the daily Master Swim Drop-In admission; $8 Adult & $7 Senior (62+) in order to participate.

JANUARY 05 - APRIL 26

Sundays: 8:00-9:30am

Eisenhower Indoor Pool

For more information, call 217-525-8847 | Activity # 120323-01
Diving Lessons

Recreational
Competitive
Capital City Dive Club
Private
Semi-Private

More info or to register: 217-525-8847
SWIMMING LESSONS

PARENT/TOT
GROUP
SEMI-PRIVATE
PRIVATE

MORE INFO OR TO REGISTER: 217-525-8847