

Aquatics Boot Camp



Kick your water workouts with a HIGH INTENSITY pool workout for STRONG CONFIDENT swimmers who can keep pace with the rest of the class. This is a rigorous cross training class that uses swimming, water polo, water aerobics and strength and conditioning workouts.

Mandatory SWIM TEST on your first day.

Ages: 16 and up

When: Mondays, Tuesdays & Thursdays

Time: 4:45p—5:45p

Cost: \$20 per week

Where: The Ranch Pool

Register online at www.bigbearparks.com—Call (909)866-9700 for info

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