

Great **LIFE** at Shawnee Country Club

Live. Play. Better. 913 SE 29th Street Topeka, KS 66605

AQUA *exercise* & SWIM LESSONS

Swim Lessons 10:00am

Wednesday Level 1

Introduction to water safety. Students will become comfortable in the water and learn basic swimming techniques.

Fundamentals

Summer 2018

is complete!

For questions, call 233-1751.

Aqua Exercise 11:00am

Wed & Fri - Begins June 6

Enjoy a mixture of cardio, toning, stretching and no swimming is required.

GreatLIFE exercise classes are free with your membership. No need to sign up.

For questions, call 233-1751.

Please note that the pool hours for recreational swimming are Tuesday-Sunday Noon-8pm.