



## Aquatic & Fitness Center

Town of Tonawanda Aquatic & Fitness Center  
One Pool Plaza, Buffalo, NY 14223 | 876-7424  
www.ttypr.com

# ADULT LAP SWIM TRAINING

March 19, 2019 - June 27, 2019

This program is designed for any adult looking for a good workout! Whether you are a beginner, or competitive swimmer, the coaches design a program to work on stroke technique and intensity to suit your ability.

## WHEN

March 19, 2019 - June 27, 2019

Tuesdays & Thursdays - 8:00pm - 9:00pm      Sundays - 11:00pm - 12:00pm

No class: Sunday, April 21 & Sunday, May 19

## WHERE

The deep end of the pool at the Town of Tonawanda Aquatic & Fitness Center.

## REGISTRATION DATES

Members      Monday, March 4

Non-Members      Monday, March 11

**COURSE #:** Register for course # 241070-01 at the front desk

### Program Fee Options

#### AFC MEMBER

Class Fee - \$126

Pay As You Go - \$5

Punch Card - \$40

#### NON MEMBER

Class Fee - \$210

Pay As You Go - \$7

Punch Card - \$60

#### UNLIMITED CLASS PASS

[formerly known as Surf & Turf]

AFC Member - \$215

Resident Non-Member - \$300

Non-Resident Non Member - \$355

Joseph H. Emminger, *Supervisor*  
Town of Tonawanda

Dan Crangle, *Councilman*  
Chairman, Youth, Parks & Recreation Committee

Mark Campanella, *Superintendent*  
Parks & Recreation Department