



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

Adult Lap Swim Training

January 2, 2020 - March 15, 2020

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

Tuesdays & Thursdays - 8:00pm - 9:00pm **Sundays** - 11:00pm -12:00pm
No class: Sunday, January 19 & Sunday, February 23

WHERE

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

Registration Dates

Members Monday, December 9
Non-Members Monday December 16

COURSE #: Register for course # 141070-01 at the front desk

Program Fee Options

AFC Member

Class Fee - \$90
 Pay As You Go - \$5
 Punch Card - \$40

Non Member

Class Fee - \$150
 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

William C. Conrad III, *Councilman*
 Chairman, Youth, Parks & Recreation Committee

Mark Campanella, *Superintendent*
 Parks & Recreation Department