

SCHOOL AGE

Ages 12 - 15

Aquatics

OPEN RECREATION SWIM

This is a chance for parents and children to enjoy our pool.

Open Rec Swim - Competition Pool

| | |
|---------------------|-----------------------------------|
| Sun | 1:00pm - 4:30pm |
| Mon, Tues, Wed, Fri | 2:30pm - 4:30pm |
| Wed | 6:00pm - 7:00pm |
| Thursday | 2:30pm - 6:00pm |
| Tue & Fri | 6:30pm - 8:30pm |
| Sat | 9:30am - 11:30am, 2:00pm - 3:30pm |

Full Members FREE Non-Members \$6.00

RED CROSS SWIM LESSONS

For a complete listing of swim lessons available, please refer to page 8 for more information.

SWIM TEAM

The Magnus Aquatic Group (MAG) is a competitive swim team with membership in the United States Swimming Association. The team accepts swimmers ages six through collegiate level athletes who have completed Level III Red Cross swimming lessons (or who demonstrate comparable ability - one length of both freestyle and backstroke in the competition pool). MAG uses the Whitin Community Center's Competition Pool for practices.

MAG offers a free one-week trial. To sign up for the one-week trial, or if you want additional information, contact Head Coach Carl Cederquist at 508-813-7211 or Carl.Cederquist@verizon.net.

Visit MAG online at www.magnusaquaticgroup.com/wcc.

Fitness

FITNESS CENTER

As part of our mission to help provide for a healthy lifestyle, we offer a comprehensive fitness program, available to those ages 14 and older. Young adults ages 14 & 15 must attend a mandatory orientation before use. They may use the facility on their own during the hours of 2:00pm - 5:00pm Monday - Friday or any time on the weekend. To use the facility any other time, they must be accompanied by a parent or guardian. Contact George Hockman at ext 315 to schedule free mandatory orientation for ages 14 & 15.

Athletic Programs

OPEN RECREATION

| | |
|---------------------|-----------------------------------|
| Mon-Fri | 6:00am - 8:30am |
| Mon, Wed, Fri | 12:00pm - 1:15pm |
| Mon | 5:00pm - 6:30pm |
| Fri Grade 6 & above | 7:30pm - 9:30pm |
| Sat | 9:30am - 11:00am, 4:00pm - 5:00pm |
| Sun | 9:00am - 10:30am, 4:00pm - 5:00pm |

Full Members FREE

Non Members \$6.00

Specialty Classes

NEW! POSITIVE PERFORMANCE FOR TEENS

Kids will learn the fundamentals of a healthy lifestyle through exercise, diet and coping skills. They will learn about food basics; how the food they eat affects how they look and feel; how to read food labels and understanding the way the body uses food for energy and nutrition and why it is important to eat from all five food groups and to eat breakfast if they want to do better in school. This class will give kids the tools to make better food choices and bolster their self-esteem. They will learn coping mechanisms for stressful situations and over-eating and how to incorporate a variety of exercise programs and a safe exercise plan into their weekly routine (without a gym or fancy equipment). Pre-registration is required. Ages 11-15.

Tuesdays (in the Conference Room)

Session I: Dec 1st - Jan 12th 4:45-5:45 pm

Session II: Jan 26th - March 2nd 4:45-5:45 pm

Full Members: \$25 Per Person Non-Members: \$52

NEW! KIDS CARDIO KICKBOXING

Kickboxing is a great way to get a total body workout while learning simple self defense moves. Kids will learn controlled punching and kicking movements carried out with discipline and skill required for martial arts. Kickboxing can work wonders for feelings of frustration and anger. Practicing kickboxing moves can help improve balance, flexibility, coordination, control and endurance. Pre-registration is required. Ages 10-13 years old.

Fridays (in the Aerobics Studio)

Session I: Dec 4th - Jan 22nd 6:30 - 7:15pm

Session II: Jan 29th - March 5th 6:30 - 7:15pm

Full Members: \$25 Per Person Non-Members: \$52