

THE KENNETH H. COOPER AEROBICS CENTER PRESENTS

ORU SWIMMING LESSONS 2016

Fitness, stroke development, exercise and safety! Students grouped by age and ability with a ratio of five students per teacher. Beginner through Advanced Swimmer, and Competitive Stroke. Great lessons for TEENS! Adults and teens, get 5 friends together and have your own class!

LOCATION: ORU Aerobics Center Pool

AGE: 2-year olds through adults

PRICE: \$60.00 for Daytime Sessions, \$65.00 for Evening Sessions

DAYTIME SESSIONS

Monday - Friday

\$60.00

May 30 – June 10

June 13 – June 24

June 27– July 8

8:55 AM - 9:35 AM

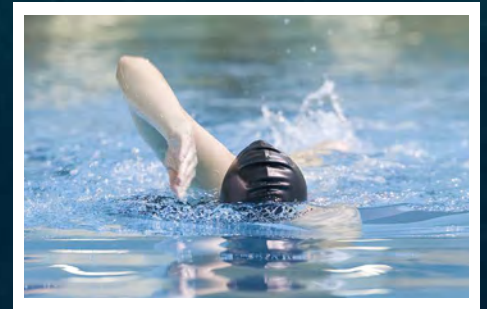
9:35 AM - 10:15 AM

10:15 AM - 10:55 AM

10:55 AM - 11:35 AM

11:35 AM - 12:15 PM

12:15 PM - 12:55 PM



EVENING SESSIONS

Monday - Thursday

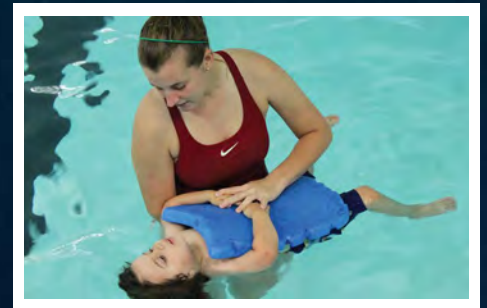
\$65.00

June 6 – June 16

6:00 PM - 6:50 PM

6:50 PM - 7:40 PM

7:40 PM - 8:30 PM



DIRECTOR

Denise Westfall - Red Cross WSI - 35 Years

Please Enroll by Email - d.d.westfall@cox.net

ORUCES.com

ORU SWIMMING LESSONS 2016
DIRECTOR - DENISE WESTFALL

Sessions: (M-F) 1. May 30 - June 10 (yes on Memorial Day)
2. June 13 - June 24
3. June 27- July 8 (yes on 4th of July)

Times: 8:55 to 9:35
9:35 to 10:15
10:15 to 10:55
10:55 to 11:35
11:35 to 12:15
12:15 to 12:55

Evening Classes: 4. June 6 - June 16
(M-Th) Times: 6:00 to 6:50, 6:50 to 7:40, 7:40 to 8:30
Class Ages: Two-year olds through Adults

Location: ORU Aerobics Center Pool

Directions: Parking is in lot west of Aerobics Center (AC) at bottom of hill. AC is located at top of hill where Delaware ends at 81st Street. EVERYONE must enter AC by the front (NW) door. For those with strollers: continue past steps going east and make a u-turn to come back to front door. Think of all the great exercise you will get going up that hill!!!!

COST: \$60.00 for Daytime sessions
\$65.00 for Evening sessions

Students grouped by age and ability. Five students per teacher. Beginner thru Advanced Swimmer, and Competitive Stroke. Great lessons for TEENS!! Fitness, stroke development, exercise, safety! Adults and teens, get 5 friends together and have your own class!!

Inquire about Private and Adult Classes

DIRECTOR: DENISE WESTFALL

PLEASE ENROLL BY EMAIL

Email: d.d.westfall@cox.net

RED CROSS WSI 35 YEARS

We have eight or more teachers, so friends and family can take lessons at the same time. 5 to 1 student/teacher ratio.