



**Parks  
Make  
Life  
Better!**

commerceparksandrec



# **AQUATICS ADULT FITNESS CLASSES**

RESIDENTS FREE  
W/CURRENT RESIDENT  
ACTIVITY CARD

NON-RESIDENT  
(AGES 16-49)  
\$4.00 PER TIME SLOT

NON-RESIDENT SENIOR  
(AGES 50+)  
\$2.00 PER TIME SLOT

## **WATER AEROBICS**

(AGES 18 & UP)

To accommodate everyone, please  
register for one session per day  
Tuesday/Wednesday/Thursday  
Morning  
10:00 - 10:45 am & 11:00 - 11:45 am  
24 participants per time slot

Monday/Wednesday  
Evening  
6:30 - 7:15 pm  
24 participants per time slot

## **LAP SWIM**

(AGES 16 & UP)

LANES WILL BE SHARED  
(4 per lane maximum)  
Monday thru Friday:  
6:00 - 8:00 am  
Monday thru Friday  
11:00 am - 1:00 pm



Registration required @ <https://activenet.active.com/commerce>  
Resident registration opens at 10 am on the last Wednesday of each month.  
Non-resident registration opens every Friday following resident registration.

For participant that may not have internet access, phone-in registrations is available.

Come ready to swim in appropriate swim attire. All programs begin and end at exact times listed.  
For more information, please call the Department of Parks and Recreation at (323) 887-4434.