



**Newton Parks and Recreation**  
**70 Crescent Street**  
**Newton, MA 02466**  
**Phone: 617-7896-1500**  
**Fran L. Towle, Commissioner**

### **Lap Swimming and Water Exercise Program**

The recreation department will be providing opportunity for residents to join a program of exercise in the pool located inside the athletic facilities of Newton North High School. Lap Swimming or Water Jogging will be scheduled in the facility in two different sessions of activity length.

This program will be offered in two sessions:



- Session 1 will be offered November 16 through February 14, 2010
- Session 2 will be offered February 22 through May 13, 2010

Each separate session offered is a different program of activity and must be registered for prior to use. We will need a minimum of 10 participants to justify the program being held. Registration fee for each session is \$35.00 per person for residents and \$50.00 per person for non-residents. A session is approximately 12 weeks of use.

Scheduled Program Hours are:

- Monday, Tuesday, Wednesday and Thursday - 9PM-9:45 PM
- Saturday 12 Noon to 2PM
- Sunday 1PM to 3PM

Registration is available on-line at [www.activityreg.com](http://www.activityreg.com) or in person at the front desk of the program center.

Registration begins: November 3, 2009 and continues through the year or until program reaches its maximum level of participation (30) per session.