



SilverSplash



“NEW” FREE Water Fitness Class for SilverSneakers Members!

January 2, 2012 to March 2, 2012

Monday	Tuesday	Wednesday	Thursday	Friday
Jan 2 12:30-1:15pm	3 No Class	4 12:30-1:15pm	5 No Class	6 10:45-11:30am
9 12:30-1:15pm	10 No Class	11 12:30-1:15pm	12 No Class	13 10:45-11:30am
16 12:30-1:15pm	17 No Class	18 12:30-1:15pm	19 No Class	20 10:45-11:30am
23 12:30-1:15pm	24 No Class	25 No Class	26 No Class	27 10:45-11:30am
30 12:30-1:15pm	31 No Class	Feb 1 12:30-1:15pm	2 No Class	3 10:45-11:30am
6 12:30-1:15pm	7 No Class	8 12:30-1:15pm	9 No Class	10 10:45-11:30am
13 12:30-1:15pm	14 No Class	15 12:30-1:15pm	16 No Class	17 10:45-11:30am
20 12:30-1:15pm	21 No Class	22 No Class	23 No Class	24 10:45-11:30am
27 12:30-1:15pm	28 No Class	29 12:30-1:15pm	March 1 No Class	2 10:45-11:30am

The SilverSplash class will activate your aqua urge for variety! SilverSplash offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required! A special SilverSneaker kickboard is used to develop strength, balance and coordination. Class is taught by Mary Beth Skunta, a certified SilverSneaker Instructor.

Non SilverSneaker Member can pay a \$4 daily drop in to take any SilverSplash Class. This rate applies to either a MCRC member or non-member.

If you have any questions, you can so the MCRC Website at www.medinarec.org or contact Darlene Donkin at 330-721-6942 or ddonkin@mcrc.medinah.org.