



# Swimnastics 2019

Swimnastics is water aerobics that are held in the shallow end of the pool. This program provides a great workout without putting stress on the joints. Weekly classes are held at the **Mehville High School Swimming Pool**.

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**Session 1:** January 7th - March 4th (no class 1/21, & 2/18)

**8 Classes:** Choose Mondays or Wednesdays  
\$40 resident fee; \$25 for 60plus Gold Card Member  
(Call 314-467-5153 for Gold Card information)

**16 Classes:** Mondays AND Wednesdays  
\$50 resident fee; \$35 for 60plus Gold Card Member  
(Call 314-467-5153 for Gold Card information)

**Register Online:**

[mehvilleschooldistrict.revtrak.net](http://mehvilleschooldistrict.revtrak.net)