

Classes & Activities at The Plunge

Jr. Lifeguarding Program

Tuesdays and Thursdays, July 9-August 8 • 7:30-9 pm

Fee: \$105 (booklet and folder), add \$10 for Non-Resident

Open to boys and girls ages 11-14, or those who have passed the Level 5 swimming class at the Brea Plunge. This class focuses on professional lifeguarding, water safety skills and water fitness.

Adult Learn-to-Swim Class

SESSION 1: June 22-July 20

5 Saturday classes
11 am-12 pm

SESSION 2: July 27-August 24

5 Saturday classes
11 am-12 pm

Fee: \$80 per session (5 Saturday classes), add \$5 for Non-Resident

Open to non-swimmers or beginners ages 14 and older.
Helps non-swimmers become comfortable in the water.

Aqua Aerobics

Tuesdays and Thursdays, June 18-August 15 • 8-9 am*

Saturdays, June 22-August 17 • 10-11 am*

Fee: \$6 drop-in fee

This is an ideal way to start a workout regime or achieve a higher level of fitness and get fit this summer. Aqua Aerobics conditions all the major muscle groups and builds cardio respiratory and muscle endurance. Enjoy this low impact workout at your desired level of intensity. Water shoes are recommended and you do not need to know how to swim.

*Schedule subject to change.

Open Registration

June 10 • 9 am

Open registration for ALL sessions available until classes fill.

ONLINE: BreaRec.com

Must have an **ACCOUNT** prior to registering. To create an "account," go to BreaRec.com, be sure to include ALL members of your family who may register for any future City of Brea classes or programs.

IN PERSON:

Brea Community Center
695 E. Madison Way, Brea



Pool Parties and Rental

Looking to add some splash to your next party? Have your own personal pool party and the professional supervision to go with it. Rental includes certified lifeguards, use of both pools and barbecue. For more information call, **714-990-7103**. Price ranges from \$800-\$1,000 based on number of patrons.

