



★ **WHAT: 21st CCLC LAKERS GET FIT**

★ **When: Monday-Tuesday-Thursday**

★ **Time: 2:45-4:00**

★ **Where: ANC Upstairs**

★ **Cost: \$2 per week or \$18 for 9 weeks**

★ **Contact: Kandi Campbell @ Kandi.campbell@russell.kyschools.us**

★ **Vickie Cain @ Vickie.cain@russell.kyschools.us**

★ **What: 30 Minute Core Work Out**

★ **When: Monday-Tuesday-Thursday**

★ **Time: 3:00-3:30**

★ **Where: ANC Stage**

★ **Instructor: Jamie Roy 585-1347**

★ **What: Community SWIM**

★ **When: Monday Tuesday & Thursday**

★ **Time: 4:00-7:00pm**

★ **Cost: \$3 adults \$1 student**

★ **Contact: Heath Tarter 866-6300**

★ **What: Water Aerobics**

★ **When: Mon-Wed-Fri**

★ **Time: 8:15am-9:15am**

★ **Where: Natatorium**

★ **Cost: \$3**

★ **Contact: Heath Tarter 866-6300**

★ **What: Swim Lessons (6-wks)**

★ **When: REGISTRATION February 10th thru February 28, 2014**

★ **Lessons begin March 3**

★ **(must be pre-registered)**

★ **Contact: Heath Tarter (heath.tarter@russell.kyschools.us)**

