

CAVANAGH POOL

8th and G Streets in Petaluma

"The only sheltered, outdoor community pool kept at a warm 86 degrees"

APRIL thru AUGUST 2011

MORNING EXERCISE

Beginning April 4th, Mon & Wed from 9 to 10 a.m.; expanding June 20th to Mon thru Thurs

Adults start their day with water walking & other self-guided exercise
\$5 per use or \$50 for a 12-use pass

TODDLER TIME

Beginning June 3rd, Fridays from 10 to 11 a.m.

Parents introduce preschoolers to water play during pool time reserved just for them

\$5 per Adult & \$2 per Child, 2 to 5 years old

SwimAmerica AQUA BABY CLASS

Beginning June 20th, Mon thru Thurs from 10 to 10:30 and 10:30 to 11 a.m.
SwimAmerica Coach leads classes for parents and children, 6 months to 3 years old

\$105 per 2-week session - Pre-registration required **

AQUA THERAPY & FITNESS

Mon thru Fri from 11 a.m. to noon and noon to 1 p.m. - and Sat from 11 a.m. to noon

Expanding June 20th to Mon thru Sat from 11 a.m. to noon and noon to 1 p.m.

Instructors lead gentle, strengthening exercise for adults of all ages
\$5 per use or \$50 for a 12-use pass

AFTERNOON REC SWIM

Beginning May 6th, Fri & Sat 1-4 p.m.; expanding June 20th to Mon thru Sun
\$5 for Adults using pool (\$2 if poolside) & \$2 for Youths, 2 to 18 years old

SwimAmerica SWIM LESSONS

Mon thru Thurs with classes at 4:30, 5:05, and 5:40 p.m.

SwimAmerica Coaches teach beginning swimming to children ages 3 and up

\$105 per 2-week session - Pre-registration required **

EVENING EXERCISE:

Beginning May 3rd, Tues & Thurs 6:15-7:15 p.m.; expanding June 20th to Mon thru Thurs

Adults wind down their day with water walking and other self-guided exercise
\$5 per use or \$50 for a 12-use pass

Please Note: On days when no Evening Exercise patrons have arrived by 6:30 p.m., the pool will close.

Schedule subject to change: Call Cavanagh Pool at 707-778-4536 for updates