

HILDRED T. MOORE AQUATIC & FITNESS CENTER



MAF Newsletter

September 2016

Hours of Operation and Contact Information:

Regular Hours: M.-F. 6am to 7:30pm
Sat. 10am to 6pm
Sunday Closed

Facility Phone Number: (252) 948-9420
Supervisor: Dalace Inman
Email: dinman@washingtontnc.gov

ANNOUNCEMENTS

Zaxby's Fundraiser: Please join us at Zaxby's on Tuesday, September 20th from 5-8 pm for dinner and put your receipt in the donation box. 10% of the proceeds will be given to the Save-the-Pool Campaign. Thank you for your support.

Water Aerobics Luncheon : The water aerobics classes will be hosting a luncheon on September 30th. At 11:15am./ Please bring a dish to pass.

Labor Day Hours The pool will be open from 10am-2pm on Monday, September 5th. Water aerobics will take place in the shallow end from 10-11am and open swim will be between 11am-1pm. Have a great Labor Day Weekend.

Lifeguarding September 10th, 11th, 17th & 18th we will be holding a lifeguarding class. The cost is \$150, all participants must be at least 15 years old and be able to pass a swimming test. The test will consist of a 300 meter continuous swim using front crawl or breast stroke, a timed underwater 10 pound object retrieval and 2 minutes of treading without using arms. If you are interested please register and set up an appointment to do the swim test at the front desk. Scholarships available.

Save the Pool Tile Fundraiser: Purchase decorative tiles like the ones in the center lobby to be hung for years to come. Tiles may be purchased for \$100 for the first and \$50 for the second. Any subsequent tiles after that may be purchased for \$75. You will be notified of the time and location of the tile art day.

Save the Pool T-Shirts may be purchased at the center at any time or at any of our fundraising events. The cost is \$10 for you, \$12 for adults and \$15 for XXL sizes. Proceeds benefit the Save the Pool Fund.

Swim Lessons : We will resume as soon as possible; we are very short staffed at the moment. Please leave your name and number at the front desk if you would like to be contacted when the schedule is publicized. Thank you for your patience.

ONGOING PROGRAMS

Water Aerobics Deep, Shallow (H2O): Mondays, Wednesdays, and Fridays; (deep water) 9am-10am, (shallow water) 10am-11am. *FREE for Members.

Yoga: Tuesdays and Thursdays; 8:30am-9:30am, in the classroom *FREE for Members,

Open Swim (OS): Monday-Thursday 3:30-5:30pm, Friday 4:30-6:30, Saturday 1-3pm. This time is open for all ages to come and swim. *Non-Members pay \$5 per person*

ECA : Eastern Carolina Aquatics is a youth competitive swim team that practices daily. Please stop by the front desk for more information.

Masters: Stroke refinement, completion prep and swimming for fitness group for those 18+ *FREE for Members.

Adult Lap Swim (ALS): Monday-Friday 1-3pm; this time is reserved for ages 18 and older. This includes both members and non-members. *Non-Members pay \$5 per person*