



# MOORE AQUATIC & FITNESS CENTER NEWSLETTER

## April 2019

### Normal Hours of Operation:

Mon-Thurs	6:00 am - 7:00 pm
Friday	6:00 am - 6:00 pm
Saturday	10:00 am - 4:00 pm

### Ongoing Programs: FREE TO MEMBERS

**Deep Water Aerobics (H2OD)** - Toning workout in 5 to 9 feet of water using floating dumbbells for resistance. M,W,F from 9 AM—10 AM.

**Shallow Water Aerobics (H2OS)** - Designed to help participants retain muscle, movement and enjoy social time. M,W,F from 10 AM—11 AM.

**Adult Lap Swim (AL)** - 18+ adults lap swim for lifelong fitness.

**Yoga** - Group sessions with instructor. T, Th from 830 AM—930 AM.

### Special Programs: NOT INCLUDED IN MEMBERSHIP

**Open Swim (OS)** - Open for all ages to come swim. There is a \$5 non-member fee per person.

**East Carolina Aquatics (ECA)** - Youth Competitive swim program. Coach Scott Pake contact info: 252-945-8400 or ecacoachscott@gmail.com.

**Washington High School (WHS)** High school swim team.

**Swim Lessons (SL)** - Offered seasonally. Please call the front desk for dates and times.

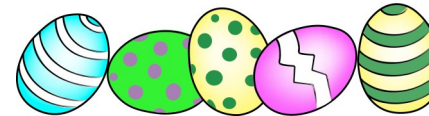
**Special Olympics (SO)** - Beaufort/Hyde County Special Olympics swim practice.

Facility Phone: (252) 948 - 9420

Supervisor: Stanhope Deatherage

Email: poolstaff@washingtonnc.gov

City Web: www.washingtonparksandrecreation.com



## SUMMER SWIM LESSONS REGISTRATION

Summer Swim Lessons are just around the corner! Registration begins **May 6<sup>th</sup> at 9 AM** and will continue until classes are full. You must complete an application and pay the registration fee to reserve your spot. Swim lesson sessions last two weeks, and the fee is \$25 for members or \$35 for non-members. All ages and skill-levels are welcome!

## UPCOMING POOL CLOSURE

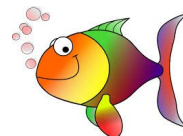
We are in the process of planning a pool closure at the end of April or early May to perform maintenance on the pool. Maintenance should take no longer than three to five days to complete. Gym will stay open. Thank you in advance for your patience, and if you have any questions, you may contact us at 252.948.9420. Please stand by for more information.

## SENIOR GAMES SWIM MEET

Moore Aquatic & Fitness Center will host the Greenville-Pitt County Senior Games Regional Swim Meet on Thursday, **April 11th at 2 PM**. This program serves senior members (ages 50 and up) from Pitt, Beaufort, Martin, Hertford, and Bertie Counties. Qualified winners from this event will go on to compete in the NC State Senior Games.

## EASTER EGG HUNT

On Monday, **April 22nd at 2 PM**, the City of Washington will be hosting its annual Easter Egg Hunt. This event is for ages 2-3, 4-5, & 6-8. Location: Susie Grey McConnell Sports Complex, 101 Airport Road in Washington.



# April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
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