

Desert Recreation District

Fritz Burns Pool • 78-107 Avenue 52, La Quinta, CA 92253

STAY ACTIVE IN THE WATER!

Lap Swim

Competition Lanes are open & available for guests to use to swim & walk laps for a set amount of time.

Mondays/Wednesdays/Fridays • 8 – 11 a.m.

\$3 - Adults 18 Years of Age and Over; \$2 - Youth 17 Years of Age and Younger



Adult Water Aerobics

This shallow water class is designed to build strength while having fun; it will incorporate resistance tools such as buoyant water weights and noodles. Swimming ability is not required.

Mondays & Wednesdays • 10 - 10:45 a.m.

\$40/Monthly or \$10 Drop-in



**REOPENING
MARCH 1, 2021!**

Aqua Fit

This is a medium impact class with a focus on burning calories, toning muscle and increasing cardiovascular level. Geared for adults of all fitness levels.

Wednesdays & Fridays • 8 - 8:45 a.m.

\$40/Monthly or \$10 Drop-in



Senior Splash

Senior Splash Class is a program encouraging older adults to participate in physical activities that will help them to maintain greater control of their health.

Mondays & Wednesdays • 9 - 9:45 a.m.

\$20/Monthly or \$5 Drop-in

PLEASE NOTE:

- ALL CLASS PRICES PER MONTH ARE FOR A 4-WEEK SESSION THAT MEETS TWICE PER WEEK
- ALL CLASSES MUST HAVE A MINIMUM OF 5 PARTICIPANTS FOR THE CLASS TO RUN
- DUE TO COVID-19, PLEASE BRING YOUR OWN EQUIPMENT

Fritz Burns Pool will be operating following the guidance of industry standards and will be aligned with public health requirements during the COVID-19 pandemic.



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For information or to register, visit [MyRecreationDistrict.com](https://www.MyRecreationDistrict.com) or call (760) 347 – 3484