



Classes for Seniors Age 55 Plus

Arthritis Aquatics: If you suffer joint and muscle pain that accompanies arthritis, this class is for you. Those who have had joint replacements have Parkinson's disease or mobility issues may also benefit from this class.

Cost: \$55 for 15 sessions or \$30 for 7 sessions

Water Works: This lively class will get your heart rate moving and your muscles working. Not geared for people with arthritis or other joint or muscle ailments. Cost: \$55 for 15 sessions or \$30 for 7 sessions

Water Walking: This is not a structured class time, but participants are encouraged to use this time for various forms of walking back and forth across the pool. This is for serious exercisers who want a full hour of movement but want to work at their own intensity. Cost: \$50 for 30 sessions or \$30 for 15 sessions

Senior Open Swim: This is not a structured class time. Use the time to swim laps or do your own exercise program. Hot tubs and the sauna are also available for your use. Cost: \$50 for 30 sessions or \$30 for 15 sessions

Instructors: All of our instructors are trained in CPR and First Aid. All Arthritis Aquatic instructors are certified through the Arthritis Foundation to teach these specialized classes.

Water works & Arthritis Aquatics: 7 sessions for \$30 (1/2 card) or 15 sessions for \$55 (full card)

Open Swim & Water Walking: 15 sessions for \$30 (1/2 card) or 30 sessions for \$50 (full card)

For pool closings or pool information, call the hotline @ 457-5144

Sunset Manor & Villages * 725 Baldwin Street * Jenison MI 49428
(616) 457-2770

www.sunsetcommunities.org

SUNSET AQUATICS CLASS SCHEDULE 2017

Monday: 6:00 – 8:00 AM EMPLOYEE & RESIDENT FREE SWIM
8:15 – 9:15 AM RESIDENT SWIMMERCISE
9:30 – 10:30 AM RESIDENT OPEN SWIM
10:30 – 11:30 AM ARTHRITIS AQUATICS
12:00 – 1:00 PM EMPLOYEE FREE SWIM
2:00 – 4:30 PM SENIOR OPEN SWIM
4:30 – 5:30 PM WATER WALKING
6:00 – 7:00 PM WATER WORKS

Tuesday: 6:00 – 7:00 AM EMPLOYEE & RESIDENT FREE SWIM
7:00 – 9:00 AM SENIOR OPEN SWIM
9:15 – 10:15 AM WATER WORKS
10:30 – 11:30 AM ARTHRITIS AQUATICS
1:00 – 3:00 PM SENIOR OPEN SWIM
3:00 – 5:00 PM EMPLOYEE FREE SWIM
5:30 – 6:30 PM ARTHRITIS AQUATICS

Wednesday: 6:00 – 8:00 PM EMPLOYEE & RESIDENT FREE SWIM
8:15 – 9:15 AM RESIDENTS SWIMMERCISE
9:30 – 10:00 AM RESIDENT AI CHI
10:00 – 10:45 AM RESIDENT OPEN SWIM
11:00 – 12:00 PM ARTHRITIS AQUATICS
12:00 – 2:00 PM EMPLOYEE FREE SWIM
2:00 – 5:30 PM SENIOR OPEN SWIM
6:00 – 7:00 PM WATER WORKS

Thursday: 6:00 – 7:00 AM EMPLOYEE & RESIDENT FREE SWIM
7:00 – 9:0 AM SENIOR OPEN SWIM
9:15 – 10:15 AM WATER WORKS
10:30 – 11:30 AM ARTHRITIS AQUATICS
1:00 – 3:00 PM SENIOR OPEN SWIM
3:00 – 5:00 PM EMPLOYEE FREE SWIM
5:30 – 6:30 PM ARTHRITIS AQUATICS

Friday: 6:00 – 7:00 AM EMPLOYEE & RESIDENT FREE SWIM
8:15 – 9:15 AM RESIDENT SWIMMERCISE
9:30 – 10:30 AM RESIDENT OPEN SWIM
10:30 – 11:30 AM ARTHRITIS AQUATICS
12:00 – 1:00 PM ARTHRITIS AQUATICS
1:00 – 2:00 PM EMPLOYEE FREE SWIM
2:00 – 5:00 PM SENIOR OPEN SWIM
5:30 – 6:30 PM ARTHRITIS AQUATICS

Saturday & Sunday: EMPLOYEE & RESIDENT FREE SWIM ALL DAY