

PRESCOTT PARKS & RECREATION

S.N.A.P. PRESENTS:



SIGN LANGUAGE CLASSES



Interested in learning sign language?

Come join us for some fun with sign Language. We will sign to music, learning basic sign and skills to communicate with our friends who may be hearing impaired. Classes are free!!

DATES: Mondays: Feb 1 dress rehearsals at Library, performance at City Hall on Feb 2 meet at 2:30 downtown, Feb 6 performance with Red Grammer meet at the armory at 12:00 Feb 15th practice at the Armory,

TIME: 4:00pm-5:15pm

AND EXERCISE PROGRAMS



We will take to the water on **Mondays** for Water Aerobics at the YMCA from ***1:30pm - 2:30pm.** Be ready to jump in the water and do some aerobics. Arrive at 1:15pm to change into your swimsuit. Don't forget your towel.



We will be trained on weight machines and do cardio exercises on **Wednesdays** from 2:00pm - 3:00pm. We will meet in the wellness room at the YMCA. Dress for a workout and wear your tennis shoes.

****If you are NOT currently enrolled in the weight class on Wednesdays, please call Cindy for availability before attending.**

The YMCA is offering these classes to us FREE of charge as long as we are respectful of others and to the equipment.



**FOR MORE INFORMATION
CALL CINDY AT 777-1554**

