

# African American Health Coalition *at Matt Dishman Community Center*



## Spring 2010

Effective April 1 - June 30, 2010

### TO REGISTER FOR YOUR AAHC PASS

1. Visit AAHC to fill out paperwork & receive your AAHC pass
2. Choose **ONE** site: Matt Dishman **OR** University Park/Columbia Pool
3. Select Pass type: Morning, Mid-Day or Evening Pass
4. Bring your NEW AAHC card & **photo id** to the Community Center to register and receive a PP&R Scan Card

|   | MORNING OPTION           |                          | MORNING OPTION           |                          | MORNING OPTION           |               |              |
|---|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|---------------|--------------|
|   | Mon                      | Tue                      | Wed                      | Thur                     | Fri                      | Sat           | Sun          |
| <b>FITNESS CENTER</b>   |                          |                          |                          |                          |                          |               |              |
| 14* & up  | 6am-11am                 | 6am-11am                 | 6am-11am                 | 6am-11am                 | 6am-11am                 | 9am-11am      | 10:30am-11am |
| <b>POOL</b> *Classes w/asterik - AAHC member is free, must pay for child(ren) |                          |                          |                          |                          |                          |               |              |
| Aquaerobics (Shallow)   | 6-6:55am<br>9:15-10:10am | 9:15-10:10am             | 6-6:55am<br>9:15-10:10am | 9:15-10:10am             | 6-6:55am<br>9:15-10:10am | 10:10-11:05am |              |
| Aqua Power (Deep)   | 6-6:55am<br>9:15-10:10am | 6-6:55am<br>9:15-10:10am | 6-6:55am<br>9:15-10:10am | 6-6:55am<br>9:15-10:10am | 9:15-10:10am             | 9:10-10:05am  |              |
| Aquaerobics/<br>Aquapower (no instructor)                                     | 7-9:15am                 | 7-9:15am                 | 7-9:15am                 | 7-9:15am                 | 7-9:15am                 |               |              |
| Lap Swim  | 6am-11am                 | 6am-11am                 | 6am-11am                 | 6am-11am                 | 6am-11am                 |               | 10:30-11am   |
| Parent/Preschool Swim*  | 9am-11am                 | NA                       | 9am-11am                 | N/A                      | 9am-11am                 |               | 10:30-11am   |
| S.M.I.L.E (Shallow)   | 10:15-11:10am            | 10:15-11:10am            | 10:15-11:10am            | 10:15-11:10am            | 10:15-11:10am            |               |              |

|   | AFTERNOON OPTION |             | AFTERNOON OPTION |             | AFTERNOON OPTION |             |             |
|---|------------------|-------------|------------------|-------------|------------------|-------------|-------------|
|   | Mon              | Tue         | Wed              | Thur        | Fri              | Sat         | Sun         |
| <b>FITNESS CENTER</b>   |                  |             |                  |             |                  |             |             |
| 14* & up  | 11am-4pm         | 11am-4pm    | 11am-4pm         | 11am-4pm    | 11am-4pm         | 11am-4pm    | 11am-4pm    |
| <b>POOL</b> *Classes w/asterik - AAHC member is free, must pay for child(ren) |                  |             |                  |             |                  |             |             |
| Family Swim*  |                  |             |                  |             |                  | 12pm-1pm    |             |
| Lap Swim  | 11am-4pm         | 11am-4pm    | 11am-4pm         | 11am-4pm    | 11am-4pm         | 11:15am-4pm | 11am-4pm    |
| Open Play Swim*   |                  |             |                  |             |                  | 1:10-6pm    | 1:10-4:10pm |
| Parent/Preschool Swim*  | 11am-4pm         | 11:30am-4pm | 11am-4pm         | 11:30am-4pm | 11am-4pm         |             | 11am-1pm    |

|   | EVENING OPTION             |                            | EVENING OPTION             |                            | EVENING OPTION |         |         |
|---|----------------------------|----------------------------|----------------------------|----------------------------|----------------|---------|---------|
|   | Mon                        | Tue                        | Wed                        | Thur                       | Fri            | Sat     | Sun     |
| <b>FITNESS CENTER</b>   |                            |                            |                            |                            |                |         |         |
| 14* & up  | 4pm-9pm                    | 4pm-9pm                    | 4pm-9pm                    | 4pm-9pm                    | 4pm-8pm        | 4pm-6pm | 4pm-6pm |
| <b>POOL</b> *Classes w/asterik - AAHC member is free, must pay for child(ren) |                            |                            |                            |                            |                |         |         |
| Aquaerobics (Shallow)   | 6:35-7:30pm                | 5:35-6:30pm<br>6:35-7:30pm | 6:35-7:30pm                | 5:35-6:30pm<br>6:35-7:30pm |                |         |         |
| Aqua Power (Deep)   | 5:35-6:30pm<br>6:35-7:30pm | 5:35-6:30pm<br>6:35-7:30pm | 5:35-6:30pm<br>6:35-7:30pm | 5:35-6:30pm<br>6:35-7:30pm |                |         |         |
| Lap Swim  | 6-7:25pm                   | 6-7:25pm                   | 6-7:25pm                   | 6-7:25pm                   | 6-7:25pm       | 4pm-6pm |         |
| Open Play Swim*   |                            |                            |                            | 7:30-9pm                   |                | 4pm-6pm |         |
| Parent/Preschool Swim*  |                            |                            |                            |                            | 4pm-7:30pm     |         |         |
| Pregnancy Fitness   | 5:35-6:30pm                |                            | 5:35-6:30pm                |                            |                |         |         |

*For questions or more information, please contact African American Health Coalition, 503-413-1850*

