

Life Fitness Classes Now Being Offered at Merced College

February 12, 2007



Beginning in February, Merced College will be offering several swim classes during the Spring 2007 Semester using the heated Olympic-size pool.

Water Calisthenics begins Feb. 26 and ends May 25. Two sections of this course are offered, one on Monday, Wednesday, and Friday, from 10 a.m. -11a.m., and the other on Tuesday and Thursday from 9:30 a.m. -11 a.m., Feb. 27 through May 24. The class includes isometric calisthenics and aerobic exercise in the water.

Beginning Swimming starts February 26 and is offered Monday, Wednesday and Friday from 11 a.m. – Noon.

Lap Swimming is offered through non-credit and students may begin the class at anytime though out the semester.

More information is available by calling the Pool Coordinator at 384.6297, the Pool Office at 384.6027, or the Life Fitness Office at 384.6021. New students should call for registration information at 384.6266.