



Ai Chi

Find inner peace through Ai Chi, a combination of Qigong, water exercise and Tai Chi. For ages 16+

Foster Pool Tu/Th 12:30-1:30pm 9/6-12/29 \$3/class

Adult Open Swim

Swim laps, water walk or enjoy a relaxing dip in the pool during these open swim times. For ages 16+

Morning

Foster Pool M/W 7-10am 9/7-12/28 FREE
Friday 8-11am 9/2-12/30 FREE

Evening

Foster Pool M/W 1:30-5:30pm 9/7-12/28 FREE

Aquatic Boot Camp

Burn calories during this high-intensity class combining swimming and traditional forms of exercise, set at levels of ability. Participants can move at their own pace.

Foster Pool M/W 5:30-7am 9/7-12/28 \$3/class

Family Open Swim

Enjoy a relaxing dip in the pool during these open swim times.

Foster Pool T/Th 1:30-8pm 9/1-12/29 FREE
Friday 1:30-5:30pm 9/2-12/30 FREE

Halloween Glow Swim

Join us for this spook-tacular evening of aquatic fun with music, water games and glow-in-the-dark swimming. For ages 12-17.

Foster Pool Saturday 6-9pm 10/29 \$10/person

Harvest Costume Party

Don your favorite "Harvest" or "Thanksgiving" costume and join us poolside for our indoor aquatics party. We'll have music, water games, goody bags and a costume contest. Swimming not allowed in costume.

Foster Pool Saturday 10am-2pm 11/12 \$10/person

Open Scuba Practice

Class designed for SCUBA users to openly practice in the pool.

Foster Pool Friday 5:30-8pm 9/23 \$10
Friday 5:30-8pm 10/7, 10/21 \$10
Friday 5:30-8pm 11/4, 11/18 \$10
Friday 5:30-8pm 12/2, 12/16, 12/30 \$10

Parents Night Out

Moms and dads can enjoy fun on the town while kids splash in the pool.

Foster Pool Friday 5:30-9pm 9/30 \$5/night
10/28 \$5/night

Private Swim Lessons

Private Swim Lessons for all ages, each half-hour class is \$10 per person per class, and are only scheduled during the times listed below.

Foster Pool M/W 10-11:30am 9/12-12/28 \$10/person/
5:30-7pm 9/12-12/28 class

NEW! Swim to be Fit

Take your swimming to the next level in this class that focuses on stroke technique, turns and speed work. Learn how to apply these techniques into a full body workout.

Foster Pool M/W/F 12:30-1:30pm Dates \$3/class

Swim with Santa

Join us for this family friendly tradition where kids can swim with Santa and his helpers. Pool games, music and a photo with the Big Guy himself are part of the fun. **Advance registration is required.** Call (405) 297-1424 to register.

Foster Pool Saturday 10am-2pm 12/17 \$10/person

Water Aerobics

Promote health through light aerobic water exercise classes.

Foster Pool M-F 11:30a-12:30p 9/1-12/30 \$3/class

Youth Learn to Swim

Learn swimming fundamentals through instruction and engaging water activities during group lessons. For toddlers-15 years. Each half-hour class is scheduled during the times listed below.

Foster Pool M/W 5:30-7pm 9/12-12/28 \$30/session
10-11:30am 9/12-12/28 \$30/session

Foster Pool
614 NE 4th St
405-297-1424



The City of
OKLAHOMA CITY
Parks & Recreation Department

okc.gov/parks
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