

Colonies House – Open House – Swim Team – Water Aerobics!

(Corrected)

Colonies House will have an open house Saturday May 9 from 1:30pm to 5:00pm. Everybody is invited to the open house to enjoy the facility. We will have games and swimming so please come and have fun.

We will also start registration for Swim Team on Saturday May 9. Swim Team practice will be starting on Monday May 11 in the evening. Clark Coach Anthony Plummer will be returning as our team's swimming coach. If you are not familiar with summer league swim teams, I invite you to come out and find out more information. Summer league will run from May 11 to July 4 and then have championship meets following that. It is a great environment for kids 6 and under all the way to high school age to improve their swimming abilities. There is a full schedule of events on our web site. Participation on swim team is open to members and non-members at different rates. You can join at any time but the sooner you join the more practice you will get.

We will also be starting water aerobics again in May. If you would like to add to your work out routine or try something new, I invite you to come out and try it. There will be Toning and Conditioning activities on Tuesday and Thursday at 6:45 pm for 30 minutes. And then there will be Water Aerobics from 7:15 to 8:15pm. The toning sessions will involve core and light strength training activities. Water aerobics will be in the deep end of the pool and will use fun noodles. Water aerobics is run on a monthly basis from May until it gets too cold. You are welcome to come out anytime and join. Water aerobics is open to members and non-members at different rates.

If you would like to receive monthly and last minute announcements then send an e-mail to president@colonieshouse.com or check out our web site at www.colonieshouse.com.