

## **Colonies House News**

Everybody is invited to participate in the Colonies House July 4<sup>th</sup> Parade. The parade starts at 9:00 am at Colonies House and follows a short route through the neighborhood. The number of participants continues to grow every year. Participants decorate their bicycles, tricycles and recumbent cycles and walk or ride along the route. We will have a 1 hour open swim after the parade.

We are planning an August 13<sup>th</sup> Kids Back to School Bash. Check the web site for more details as we get closer to August.

Colonies House is still accepting memberships; call Ana 416-5039 if you have any questions. You have 2 full months of summer swimming and the pool is a great place to have mini vacations all summer long.

Water aerobics is happening every Tuesday and Thursday evening. There is a toning class from 6:45 to 7:15 and then water aerobics from 7:15 to 8:15. Check our web site for more details. The class is open to members and non-members.