

Introducing CHTC's NEW
Aquatic Program Director

T.L. Grace West



*Tap into Grace's vast aquatic experience that
Spans over 30 years of teaching and therapeutic
Water programs for all ages (3 months to 93 years!)*

In addition to CHTC past programs: water aerobics, private and semi-private lessons, she is excited to offer the following new programs listed below

THIS SUMMER ~ ALL NEW:



- **Group swim lessons**
- **Water Baby adult-child**
- **Ai Chi (aquatic Tai Chi)**
 - **Adult swim lessons**
- **Water Massage (Watsu)**
 - **Basic Water Safety**

Developed according to YOUR interests!

*Talk with Grace on Tuesdays and Thursdays beginning
June 9th from 6:30 am to 11:00 am by calling the pool at
929-0540 or email her at floatwithgrace@earthlink.net
Watch for more info posted on pool bulletin board and
sent in the club emails from Alan!*