

Or physical activity to keep you fit and trim (continued)...

Self-Acupressure & Relaxation Class

Tuesday, 10:00 am to 11:00 am
Room A, \$3 per person, per class
Helen Calhoun, Instructor

Hawaiian Dance with Alberta Jay

Hawaiian Dance (Hula I)

Monday & Friday, 10:30 am –11:30 am
Room A, \$3 fee per person per class
Note: Resumes Friday, January 7, 2011

Hawaiian Dance (Hula II)

Monday & Friday, 11:30 am – 12:30 pm
Room A, \$3 per person per class

Hawaiian Dance (Hula III)

Monday & Friday, 12:30 pm to 1:30 pm
Room A, \$3 fee per person per class

Stretching & Hatha Yoga*

Tuesday, 10:30 am to 12:00 noon
Social Hall
Wednesday, 9:00 am to 10:30 am
Room A, Free

Note: Classes resume September 7.

Janet Brown, Alameda Adult School Instructor

Square Dance for Beginners

Tuesday, 1:00 pm to 3:00 pm, Room A
\$2 fee per person per class
Darlene Culligan, Instructor

Pilates

Wednesday, 10:45 am to 11:45 am, Room A
\$3 fee per person per class
Pamela Grande, Instructor

Western Line Dancing

Wednesday, 1:00 pm to 2:30 pm
Social Hall
\$2 per person per class
Norma Nocera, Instructor

Get Fit With Wii

Wednesday, 1:00 pm to 2:00 pm, Media Room
Free
Mastick Staff

Tai Chi-ercise

Thursday, 10:00 am to 11:00 am
Room A, \$3 per person, per class
Helen Calhoun, Instructor

Line Dancing

Thursday, Noon to 3:00 pm,
1st & 3rd Thursday—Room A
2nd & 4th Thursday—Social Hall
Norma Nocera, Volunteer Instructor

Mastick’s Pesticide-Free Garden

Mastick Community Garden
Join us on Saturday, 9:00 am to 10:30 am
Between Room E & Thrift Shop
For more information, visit the Mastick Office

2010 Summer Swimming Schedule

The Emma Hood Swim Center (2256 Alameda Avenue, 522-8017) and the Encinal Swim Center (230 Central Avenue, 522-4590) will be open for recreational & lap swimming through **Friday, August 20!** Note: *Swim lessons are also available.* **Hours are as follows:**

Emma Hood Swim Center
(Closed August 13th)

Recreational Swim
(\$2 Resident/\$3 Non-Resident per session):
Monday—Thursday..... 2:00 pm to 4:00 pm
Friday.....Noon to 3:00 pm
Adult Lap Swim
(\$2 Resident/\$3 Non-Resident per session):
Monday—Thursday.....12:50 pm to 1:50 pm
Monday & Wednesday....7:15 pm to 8:45 pm

Encinal Swim Center
(Closed July 23rd)

Recreational Swim
(\$2 Resident/\$3 Non-Resident per session):
Friday..... 1:15 pm to 4:15 pm
Saturday..... 2:15 pm to 4:15 pm
Adult Lap Swim
(\$2 Resident/\$3 Non-Resident per session):
Tuesday & Thursday..7:15 pm to 8:45 pm
Friday..... 12:00 pm to 1:00 pm
Saturday..... .. 1:00 pm to 2:00 pm