

# PRESCOTT PARKS & RECREATION

## S.N.A.P. PRESENTS:



# SIGN LANGUAGE CLASSES



Interested in learning sign language?

Come join us for some fun with sign Language. We will sign to music, learning basic sign and skills to communicate with our friends who may be hearing impaired. Classes are free!!

**DATES:** Mondays: Jan 4, 11, 18\*(at the Armory), and 25

(Jan 18<sup>th</sup> class will be at the Armory as the library will be closed)

**TIME:** 4:00pm-5:15pm

**Where:** The Prescott Library (215 E. Goodwin St.)



# AND EXERCISE PROGRAMS



We will take to the water on Mondays for Water Aerobics at the YMCA from **\*1:30pm - 2:30pm.** Be ready to jump in the water and do some aerobics. Arrive at 1:15pm to change into your swimsuit. Don't forget your towel.

We will be trained on weight machines and do cardio exercises on **Wednesdays** from 2:00pm - 3:00pm. We will meet in the wellness room at the YMCA. Dress for a workout and wear your tennis shoes.

**\*\*If you are NOT currently enrolled in the weight class on Wednesdays, please call Cindy for availability before attending.**

The YMCA is offering these classes to us **FREE** of charge as long as we are respectful of others and to the equipment.



**FOR MORE INFORMATION  
CALL CINDY AT 777-1554**

