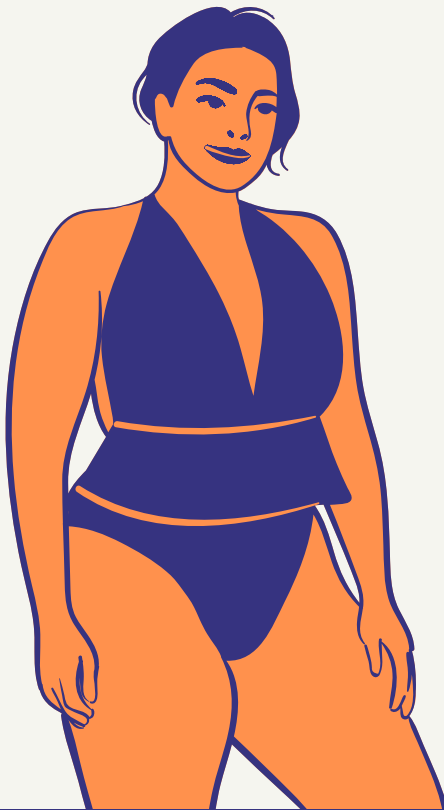


**JUNE 15 -  
JUNE 19,  
2020**



## **AEROBICS CLASSES**

**AVAILABLE TO SEA COLONY OWNERS AND RENTERS ONLY AT THIS TIME.**

### **WATER AEROBICS**

**8-8:45 a.m. | Monday, Wednesday, Friday | with Cindy Smith**

Provides a great cardio workout and increases flexibility using the water to stretch and tone. Located at the T4 Aquatic Center.

### **AQUA ZUMBA**

**8-8:45 a.m. | Tuesday & Thursday | with Shantel Willey**

Blends the Zumba philosophy with water resistance for less impact on the joints.  
**DON'T MISS THIS POOL PARTY!!** Located at the T4 Aquatic Center.

### **PRICES**

**Sea Colony Owners: \$5**

**Non-Owners: \$7**

**Per person, per class. Exact cash ONLY.**

To limit contact and keep our class check in smooth and efficient as possible, we will not be accepting Aerobics Class Cards during this time.

## **IMPORTANT INFORMATION**

- Patrons **MUST** arrive between 7:35 and no later than 7:55 a.m. to register for class at the designated area. An employee will be located at the pool gate under the mailbox pavilion. Social distancing must be followed during this time.
- Patrons must wear a face mask, except when actually working out.
- Slots are limited and are on a first come, first serve basis.
- Payment will be collected upon registering and must be exact cash ONLY.
- No equipment will be provided; patrons may bring their own water weights and/or pool noodle for class.
- Bring a water bottle
- Patrons must ensure they are 6 feet apart at all times during class.
- Do not gather or linger after class is over, must exit in a timely manner at the end of class.

## **RECOMMENDATIONS & GUIDELINES FROM THE DELAWARE GOVERNOR, FOR EVERYONE'S PROTECTION:**

### **Please do not participate if you:**

- Are exhibiting any symptoms of the COVID 19 virus: mild to severe respiratory illness with fever, cough or difficulty breathing, or other symptoms identified by the CDC.
- Have been in contact with someone with COVID 19 in the last 14 day.
- Are a vulnerable individual. A vulnerable individual is someone 65 years of age or older, and/or an individual with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes, obesity, asthma, and those whose immune system is compromised, such as by chemotherapy for cancer and other conditions requiring such therapy (for states in Phase Three, a vulnerable individual can resume public interactions, but should practice social distancing).