

Calhoun Aquatic Center

February 2017 • www.calhounaquaticcenter.com • (706) 602-6817



Couple Valentine's Special Fitness for 2

ONLY \$180 a couple for 3 months

Includes: Aquatic Classes, Lap Swim & Fitness Room
February-March-April

No Enrollment Fee for New Members



FITNESS

- Community Memberships
- Aquatic Classes
- Lap Swimming
- Fitness Room

First Visit is on us!

WELLNESS

- Low Impact Training
- Strength Building
- Muscle Toning
- Endurance Building
- Increased VO2 Max
- Improved Lung Capacity

AQUATICS

- Swim Lessons
- Competitive Swim Team-Join NITROS
- Competitive Diving
- Scuba Certification
- Lifeguard Certification
- Aquatic Classes

Join a winning team! #gameon



NWGA Nitros compete at National Level with USA swimming at Junior Nationals.

CAC would like to THANK our
Sponsors!

Brian's Auto Sales
Der-Kel, LLC
Thatchers

CAC

Community Supported

CAC

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SwimAmerica Swim Lessons

Season Kickoff!

Swim Lessons build strong swimmers and confident kids.

- Private
- Semi-Private
- Group Lessons

Session 1: March 7, 9, 14, 16, 21 & 23

Times: 5:30-6:00pm 6:00-6:30pm 6:30-7:00pm



SwimAmerica™
Swimming Lessons

RENTALS

- Private/Semi-Private
- Birthdays
- Class Parties
- Family Parties
- Team Building

Call today to reserve your date!

SWIM LESSONS

- Mini session Lessons: Discounted to ONLY \$25 (Includes shirt)
- Instructors: SwimAmerica Training Trainers
- Feb. 27, 28 & March 2
- 7:00-7:30pm or 7:30-8:00pm

LIFEGUARD

Certification & Re-Certification

- Instructor: Joey Powers
- Red Cross Program
- Feb. 23: 5:00-9:00pm
- Feb. 25: 9:00-5:00pm
- Feb. 26: 10:00-5:00pm
- Register today!



CAC hosted the Georgia State Trooper Diving Team on January 30th for their certification and training. Thank you for your service!

Just Keep Swimming!