

## Active Options . . .

**Computer classes offered through our partner, Liberty Adult Education  
929 Second Street, Brentwood**

**For more information or to register, please call Liberty Adult Education  
at 634-2565.**



### Introduction to Computers for Active Adults

This class is for those people with little or no experience with computers. The class is slow-paced and designed to “get rid of the fear.”

Date: Tuesdays, October 14—December 16  
Time: 3:00 p.m. —5:30 p.m.  
Location: Room CEC 10  
Cost: \$25



### Word Processing for Active Adults

This class will introduce you to basic operations for creating, editing, formatting, and printing documents and envelopes, as well as setting tabs, and working with graphics (including downloading from the Internet and using a scanner.)

Date: Thursdays, October 16—December 18  
Time: 3:00 p.m. —5:00 p.m.  
Location: Room CEC 8  
Cost: \$25



## Golf! Golf! Golf!

All classes are held at the Brentwood Golf Club, 100 Summerset Drive. Classes are 45 minutes of instruction time.

### Beginner Adult Coed Golf

An introduction to the basic fundamentals of beginning golf, including grip, address, position at the top of the back swing, impact position, and follow through. Class is “swinging” and “long game” oriented.  
Fee: \$32 Resident  
\$37 Non Resident



Class #	Day	Time	Date
3188	M	6-6:45pm	9/15—10/6
3189	T	6-6:45pm	9/16—10/7
3190	W	6-6:45pm	9/17—10/8
3191	TH	6-6:45pm	9/18 -10/9

Call the office at 516-5444 for more details

## Water Fitness

Fun, low-impact water exercise classes that can help build cardiovascular endurance, strength, flexibility and range of motion. Easy on the joints. Workout in shallow 4-foot water. No swimming is required.

Drop in for only \$5 per class.

Fee: \$24 Residents  
\$29 Non Residents



Class #	Day	Time	Date
3362	M/W/F	8-9AM	9/15-10/3
3363	M/W/F	9-10AM	10/6-10/24
3364	M/W/F	9-10AM	10/27-11/14
3365	M/W/F	9-10AM	11/17-12/8*

\* No class on 11/28

Call the Aquatic Center at 516-5430 for more details