

**Sunday January 13th 9am-3pm**

Welcome to the Beede Swim and Fitness Center.

This FREE event is open to all families interested in experiencing the Beede Center and no advance sign up required. We will feature four pools for all ages including a children pool with play features. Two fitness rooms available to ages 14+. The day will include swim testing, facility tours, information on youth swim lessons and "The Rock". The new fitness studio will be set up as a birthday party rental site with light refreshments and free sport bags.



- Improved well-being and enhanced quality of life
- Multifaceted training; aquatics, fitness rooms, yoga, pilates, and more
- Free equipment orientation and workout plan from one of our certified trainers
- Personal training staff with flexibility to meet your needs
- Up to 40% off all aquatics and group exercise classes
- Unique Therapy Pool for warm water fitness routines
- 8 Lane Competition Pool, Children's Play Pool, and Deep Water Diving Well
- New Studio area for personal training and independent use
- FAMILY, FITNESS AND FUN

**Hours Of Operation:**

Monday Thru Friday 5:30am– 9:00pm  
Saturday And Sunday 7:00am – 6:00pm

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