

# Recreation

## 2024 Recreation and Fitness Programs

Make it your goal to move more today — in any way that feels good for your body and mind. Lee College's recreation and fitness is here to get you on the path to success and well-being. We'll cheer you on the whole way! Start thinking about sunshine, shorts, and Kids at College summer camps!

Whether you prefer a refreshing open swim or the invigorating challenge of water aerobics, we have something for everyone. [Sign up for our recreation and fitness swim and workout programs.](#)

## The Wellness Center

Discover the ultimate avenue for enhancing your physical fitness at the Lee College Wellness Center. Enroll today to access a variety of membership options, plan personalized training workouts, and follow your own fitness program tailored to your individual needs. Improve your appearance, strength, and endurance by incorporating resistance machines into your routine. Our well-equipped facility boasts an array of equipment, including treadmills, upright/recumbent bicycles, cross trainers, steppers, elliptical trainers, rowers, and a complete line of Magnum resistance equipment, providing you with an extensive range of options for achieving your fitness goals.

## Open Swim

Make a splash at the Lee College swimming pool during your free time. With no structured instruction, you're free to indulge in lap swimming and fit in your daily exercise whenever it suits you. Rest assured, a lifeguard is on duty to ensure a safe environment. Check out the open swim hours below, and make the most of your leisurely swims!

**Dates: Jan. 8-Dec. 20, 2024**

**Meets: Mon., Tue., Wed., Thu., Fri., and Sat.**

**Location: Lee College Swimming Pool 120**

**Cost: \$100 for 1 year/ \$60 for 6 months**

[Enroll Now](#)

## Water Aerobics, Beginning & Experienced

In this course, we aim to instruct you in both basic and advanced water exercise skills. We will focus on a variety of water-based exercise routines, integrating elements of strength, endurance, and flexibility. Ensure you're ready for active participation in pool exercises from day one. Don't forget to bring along your own towel and drinking water for your convenience. Please note that the class schedule will adhere to campus holiday closures. Get prepared for a comprehensive water workout experience!

**Dates: Jan. 18-May 8, 2024**

**Meets: Mon./Wed. 5:30-6:45 p.m. or Tue./Thu. 11 a.m.-12:15 p.m., or Tue./Thu. 12:30- 1:45 p.m.**

**Location: Lee College Swimming Pool 120**

**Cost: \$165**

[Enroll Now](#)

## **Wellness Center & Swim**

Become a member of the Lee College Wellness Center for the ultimate way to explore your physical fitness options. Upon joining, you'll have the flexibility to choose from various enrollment options, design your training regimen, and follow a personalized fitness program. Utilize resistance machines to enhance your appearance, strength, and endurance. Our equipment lineup features treadmills, recumbent bicycles, upright bicycles, cross trainers, steppers, elliptical trainers, rowers, a comprehensive selection of Magnum Selectorized resistance equipment, and more! Enjoy unlimited access to the Wellness Center as an enrolled member. Elevate your fitness journey with us!

**Dates: Jan. 18-May 8, 2024**

**Meets: Mon./Tue./Wed./Thu./Fri./Sat.**

**Location: Lee College Sports Arena**

**Cost: \$315.00 for 1 year / \$175 for 6 months**

[Enroll Now](#)