CARDIO DRUMMING

DrumFIT Cardio is a high-energy, rhythm-based workout that combines cardio exercise with drumming to create a fun and effective fitness experience. DrumFIT Cardio is suitable for all ages and fitness levels, with movements that can be adapted for intensity.

Wednesdays, Oct. 1 to Nov. 19
5:15–5:45 p.m.
Fee: $30.00 per person
Elementary Music Room; Door C

OPEN SWIM

The pool is open to students and the public for diving and recreation.

Wednesdays, Oct. 1 to Nov. 19
4:00—5:00 p.m.
Fee: $1.00/session/person

Abbotsford Community Education

FALL 2025

COMMUNITY EDUCATION CLASSES ARE CANCELLED IF A SCHOOL CLOSING OCCURS. FURTHER NOTIFICATION WILL NOT BE GIVEN. CLOSINGS ARE ANNOUNCED ON LOCAL RADIO AND TELEVISION STATIONS AND WEBSITES.

LEVEL I –5 SWIM INSTRUCTION

Each level focuses on improving skill and stroke refinement.

Sundays, Sept. 28 to Nov. 16
4:30—5:00 p.m.
OR
5:00—5:30 p.m.
Fee: $30.00 per student

WATER AEROBICS

Water Aerobics is a low impact entertaining exercise using water as resistance.

Sundays, Sept. 28 to Nov. 16
6:00—7:00 p.m.
AND/OR
Wednesdays, Oct. 1 to Nov. 19
6:00—7:00 p.m.
Fee: $30.00 per person

ADULT SWIM

Adult swim is for any adult that does not know how to swim.

Sundays, Sept. 28 to Nov. 16
5:30—6:00 p.m.
Fee: $30.00 per person

PARENT & TOT SWIM

Enjoy some playtime in the water. Water toys and floaties welcome.

Sundays, Sept. 28 to Nov. 16
4:00—4:30 p.m.
Fee: $30.00 per parent/child

REGISTRATION FORM

NAME:_____

ADDRESS: _____

_____

CELL: _____

CLASS:_____

PARTICIPANT(S): _____

COST:_____

CLASS: _____

PARTICIPANT(S):_____

COST:_____

CLASS: _____

PARTICIPANT(S):_____

COST:_____

TOTAL: $_____

Make checks payable to:

School District of Abbotsford

Mail to: Attn: Selenia Espino
School District of Abbotsford
510 W Hemlock St
Abbotsford, WI 54405

Or return to District Office

If you have ideas for a class please contact Selenia - sespino@abbotsford.12.wi.us.

