



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOON TO BE A SPLASHING GOOD TIME!

Tri-County YMCA — Water Aerobics

Sisters of St. Benedicts Outdoor Pool



Come join in some water fun this summer! The Tri-County YMCA will be offering water aerobics classes at the Sisters of St. Benedicts Outdoor Pool, which is *located on E 14th Street* (go past the Forest Park sport complex—the pool will be on the right hand side of the road past the Convent).

* Shallow Water Aquacise

- * Mondays (beginning June 9th) - 6:00 PM to 7:00 PM EST
- * Wednesdays (beginning June 11th) — 6:00 to 7:00PM EST
- * This class will be an all levels class that will provide a combination of cardio exercises and strength moves in the shallow end of the pool.

Program Participants—\$5.00 Y Member—FREE

Please call the Y at 367-2323 with any questions or email

logan@tricountyyymca.org