



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). Cars must park on the gravel driveway and not on the grass.

* ShallowWater Aquacise

- * Mondays (beginning June 1st) - 6:00 PM to 6:45 PM EST
- * Wednesdays (beginning June 3rd) — 6:00 to 6:45PM 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