

# 2023 Water Aerobics

## Day Class:

Monday/Wednesday/Friday

Wednesday, May 31 – Wednesday, August 30

11:00 a.m. – 12:00 p.m.

OT Sloan Pool

\$60 for the summer or \$20 per month

## Night Class:

Tuesday/Thursday

Tuesday, May 30 – Thursday, August 31

5:30 p.m. – 6:30 p.m.

OT Sloan Pool

\$45 for the summer or \$15 per month

**Open to all adults over age 18. NO REFUNDS**

**Priority given to those 50 and better.**

*Registration will be open beginning on Monday,  
April 3<sup>rd</sup> at The Enrichment Center. Payment due by  
1<sup>st</sup> class.*

\*Please come swim ready. There will be limited  
access to changing facilities and restrooms.

The Enrichment Center of Lee County  
N.C. Certified Senior Center of Excellence  
1615 S. Third Street, Sanford, NC  
919-776-0501 Ext. 2201

- Aerobic workouts in the pool are perfect for those who find certain movements on land—running, striding, kicking, leaping and even dancing—too jarring or painful.
- Water exercise is one of the best non-impact fitness activities around and just about anybody can participate.
- The resistance of water is perfect for a strength-training workout; instead of weights, the water itself provides the resistance.
- One of the greatest benefits of water exercise is its effect on flexibility.
- Because the effects of gravity are lessened, you can move your joints through a wider range of motion and achieve long-term flexibility.

ACE, American Council on Exercise

