

AQUACISE CLASSES FOR ADULT MEMBERS

This low to moderate water exercise program will benefit individuals to increase performance of daily activities.

All classes are taught by a Certified Water Aerobics Instructor
in chest deep water, non-swimmers are welcome.

2016 Pool Season Sessions

June 20, 23, 27 & 30

July 6, 7, 11, 14, 18, 21, 25, 28

August 1, 4, 8, 11, 15, 18, 22 & 24

from 9:00 – 9:45 am at Hawthorne Municipal Pool

Instructor: Winnifred A. Kelly, WaterART Senior Instructor and Certified Water
Fitness/Aquatic Program Instructor

Fee: \$5 per class, payable to "The Borough of Hawthorne"

Pool membership is required (Seniors free membership to Pool) - Sign-up at the pool office.