Monday – Thursdays / 5:30pm – 6:15pm
January 19 to April 29, 2016

Participants will enjoy a variety of aqua exercises designed to increase cardiovascular endurance. At times, additional equipment, such as water buoys, will be utilized.

Registration is on-going. Students who do not pre-register or register on the first class night must present a paid receipt to the lifeguard to be admitted to this class after the first class meeting.

Benefits of water aerobics included allowing a person to exercise every muscle and every joint in the body all at the same time. Also, water aerobics are cooler because the water cools off your body the entire time you are performing your routine. The most important benefit of water aerobics is that almost anyone, no matter their age, can perform water aerobics. Because the water causes your body to be buoyant, this causes less strain and stress on your joints and muscles.