

Senior Water Exercise

Socialize



Relax

**FOR MORE INFO,
PLEASE CALL THE URI
REC SERVICE CENTER
AT 874-5926.**

Have FUN!

Improve Stamina and Flexibility for people who are 55 & older with this class that consists of 55 minutes of water exercise using a variety of aquatic exercise equipment, music & movements designed to work each muscle and joint. Swimming Skills are not required.

**Classes meets Mondays, Wednesdays & Fridays
7:30 a.m. / 8:30 a.m. / 9:30 a.m.**

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| Session A: September 14th - October 19th | No Class on: 10/12/2009 |
| Session B: October 21st - November 25th | No Class on: 11/11/2009 |
| Session C: November 30th - January 22nd (End of session times may change due to revised facility hours) | No Classes on: 12/21/09 - 1/1/10 & 1/18 |
| Session D: January 25th - February 26th | No Class on: 2/15/10 |
| Session E: March 1st - April 9th | No Classes on: 3/22/10 - 3/26/10 |
| Session F: April 12th - May 14th (End of session times may change due to revised facility hours) | |
| Session G: May 24th - June 30th | No Class on: 5/31/10 |
| Session H: July 7th - August 13th | No Class on: 8/9/10 |

Location: University of Rhode Island, Tootell Aquatic Center

Instructor: Karen Piccolo - Instructor for over 10 years, CPR Certified

Fee Options:

- \$15.00 per Session** for Members
- \$30.00 Combo:** Session A & B for Members
\$45.00 Combo: Session D, E & F for Members
\$30.00 Combo: Session G & H for Members
- \$80.00 per Session** for Non-Members

Senior Citizen Membership Rates:

TAC Pass Semester
(Fall, Spring or Summer): **\$40**
TAC Pass Full Year
(September - August): **\$110**