

Senior Water Exercise Program



Socialize, Relax & 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.

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

F A L L	Session 1:	September 15th - October 22nd, 2008	No Class on: 10/13/2008
	Session 2:	October 24th - December 19th, 2008 (End of session times may change due to revised facility hours)	No Class on: 11/28/2008
S P R I N G	Session 3:	January 5th - March 13th, 2009 (Beginning of session times may change due to revised facility hours)	No Class on: 1/19/2009 & 2/16/2009
	Session 4:	March 23rd - May 11th, 2009 (End of session times may change due to revised facility hours)	
S U M M E R	Session 5:	May 18th - June 22nd, 2009	No Class on: 5/25/2009
	Session 6:	June 24th - August 7th, 2009	No Class on: 7/3/2009

Location: University of Rhode Island, Tootell Aquatic Center

Fee Options: A. **\$80.00** Non-Member per Session
B. **\$15.00** + Senior Semester (\$40) or
Full-Year (\$110) Tootell Aquatic Pass

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

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