



Recreation and Family Services Department
Presents:

AQUACISE



With



Marissa

This class is a perfect workout for all levels. Aqua-Cise works with a number of different movements in a swimming pool aimed at increasing flexibility, strength, range of motion, coordination and cardiovascular fitness, while keeping to the beat of music to get your body and mind moving.

Day: Monday-Friday Time: Mornings - 9:00 a.m.-10:00 a.m.
OR

Evenings - 5:30 p.m.-6:30 p.m.

Registration Fee: \$25.00 per session Ages: 16 years & older.

Location: James Slauson Pool 501 E. 5th St., Azusa
2 week session /10 classes

Session #1 Dates: May 29th- June 8th, 2018 (no class 5/29) (reg begins May 7)

Session #2 Dates: June 11th-June 22nd, 2018

Session #3 Dates: June 25th-July 6th, 2018 (noclass July 4th)

Session #4 Dates: July 9th-July 20th, 2018

Session #5 Dates: July 23rd-August 3rd, 2018

Session #6 Dates: August 6th-August 17th, 2018

*** No Childcare provided /Non participants must remain outside the facility**

***Please adhere to bathing suit policy**

***Water shoes required**

Register beginning May 7th at Memorial Park Recreation Office.

320 N Orange Pl., Azusa, CA 91702

(M-Th) 7:00 am-5:30 pm.

“Creating A Lifetime of Memories for the Entire Family”