

SENIOR SWIM TIME



Have the pool to yourself from 8am to 9am on Monday, Wednesday & Friday.

Senior Aqua Aerobics

Sr. Water Aerobics is held between 8am to 9:00am two days a week - For Seniors 50 and older. Exercise with variety! Shallow water moves to improve agility, flexibility and endurance in a low impact, friendly environment.

Where

At the New Aquatics Center located within the Rec Center at 2801 Jefferson Boulevard, West Sacramento.

Registration

Participants must be Recreation Center Pass holders. Senior rate is \$20.00 per month, plus a yearly \$5.00 Rec Card fee. Please call (916) 617-4770 for more information.

Shuttle to Senior Swim

A shuttle to and from Senior swim will be offered two days a week for a suggested donation of \$3.00. Space is limited. Reservations must be made 24 hours in advance. Please call 373-5819 to register for Senior Swim Shuttle.

Call to confirm schedule for Aqua Aerobics and shuttle