



Aquatics Program

1130 Grand Concourse, 4th Floor
Bronx, NY 10456
Tel: (718) 508-3190
Fax: (718) 590-5866
www.bronxworks.org

Aqua Tot

Enjoy a playful and engaging session in the pool with your little one.



Children (aged 2-5) & caregivers
Saturdays 9:15-9:55

Aqua Aerobics

An exercise class that combines light aerobics and water resistance.

- **Gentle on the joints**
- **Builds muscle strength & flexibility**
- **Good cardio workout**
- **For all ages, abilities & fitness levels**
- **You do not need to know how to swim!**

Adults
Thursdays 7:00-7:40 PM



Classes run from Sept 13-Nov 12

- ♦ **Classes are taught by a Water Safety Instructor.**
- ♦ **A certified lifeguard is also on duty.**

Fee: \$5 per class

Ongoing registration! Join anytime!

To participate, return a completed application along with payment to class.

*For more information, contact Kimberly Haynes at 718-508-3190 or khaynes@bronxworks.org
BronxWorks ~ 1130 Grand Concourse ~ Bronx, NY 10456*

Schedules subject to change. Join early to avoid class cancellations.