

IMPORTANT! KEEP THIS ALL SEASON!



Water Walkers

Join us in the Therapy Pool as we set a brisk pace to get a good workout. Water weights will be used while moving around the pool. **The goals of this program are to increase muscular strength and cardiovascular fitness in a low impact environment.**

Program Leader:	Jennifer James JenniferJ@fvsra.org 630-330-6470
Location:	Vaughan Athletic Center Therapy Pool 2121W. Indian Trail, Aurora
Date(s):	Friday, 2/10-5/12
No Program Dates:	3/31, 4/14
Time:	3:00pm-4:00pm
Program Code:	317-6030-0-4

Location	Pick Up	Drop Off
SCS	NA	5:00pm
WP	2:05pm	4:45pm
TC	2:30pm	NA
If meeting at site	3:00pm	4:00pm

Notes:

Please be dressed and ready to get in the pool at the beginning of the program. Please bring a towel.

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