Enjoy the benefits of working out in the water! The class consists of stretching, toning, water walking, and light aerobics. Bring your towel, sun screen, swim attire, and bottled water, and get ready to have some fun exercising in the pool!

2 Ways to Register:
1.) Online at www.parcsonline.fresno.gov
2.) Over the phone at (559) 621-PLAY (7529)
Office Hours: Monday - Friday, 9 a.m. to 3 p.m.

COVID-19 Guidelines (subject to change)
Participants and guests must stay 6 feet apart from others
Participants and guests must wear a mask over their nose and mouth
(Participants may remove mask while in the pool)
Participants and guests must stay home when sick or exposed to a person with COVID-19

For Older Adults 55 and Better

June 22 - September 2, 2021
WHEN: EVERY TUESDAY & THURSDAY
9 a.m. - 11 a.m.
SESSION 1: JUNE 22 - JULY 8
SESSION 2: JULY 13 - JULY 29
SESSION 3: AUGUST 3 - AUGUST 19
SESSION 4: AUGUST 24 - SEPTEMBER 2
WHERE: MOSQUEDA COMMUNITY CENTER POOL
4670 E. BUTLER AVE, FRESNO 93702

SPACES ARE LIMITED!