

## Water Aerobics – Fun Event

Have you wondered what is involved with taking a water aerobics class? Then grab your suit and towel and join us for a “fun” demo of our Water Aerobics program. Instructors will be on site to guide you through the movements and exercises in the water. Equipment will be available for use during demo. Each instructor brings their own “style” of instruction so you can choose what is best for you. This event is a “move at your own pace” demo. Senior Games fee of \$15 includes the event, t-shirt, and dinner for the athlete plus their guest at the Celebration of Athletes event on March 15 at Cascades Park (water aerobics passes cannot be used for admission for this event). The event will last 1 ½ - 2 hours.