



**Where:** BREC's Liberty Lagoon Family Aquatic Center

**When:** Mondays and Wednesdays, June 13–July 20

**Time:** 8–9 a.m.

**Ages:** 17 and older (only accepting 25 people—must pre-register to attend.)

**Fee:** \$36 per person

This program is for adults with mental or developmental disabilities only.

Participants enjoy water exercise activities while increasing their muscle strength, movement and coordination without gravity. The purpose of the class is to renew interest in recreational swimming, increase balance and strength and improve agility. A water wheelchair, chair lift, life jackets and tubes are available if needed. The water depth is 3 feet, 6 inches.

For more information, call 225-272-9200, ext. 572.

