



JOIN US FOR SWIMMING

Join in on the fun! Senior Swim offers a stress-free time to socialize, swim, and improve health and fitness by participating in instructor-led water exercise classes. Water exercise provides a heart healthy, light resistance workout that's easier on the joints and muscles, without the risk of falling. Classes are FREE for Covington residents, ages 55+. For non-residents classes are \$20 per session.

Register today and enjoy the many benefits of being active! Becoming more active can energize your mood, relieve stress, help manage illness and pain, and improve your overall sense of well-being.

CLASS DETAILS

>> WHEN:

9:30 a.m. – 11 a.m.

Tuesdays, Wednesdays & Thursdays

Mar. 12 - Jun. 13 & Aug. 6 - Nov. 7, 2019

>> WHERE:

Marge Schott-Unnewehr

Boys & Girls Club

30 W. 26th Street

Covington, KY 41014

INTERESTED IN

PARTICIPATING?

>> TO REGISTER:

Contact Kara Rabe with the
Boys & Girls Club at 859-431-5346.

>> QUESTIONS?

Contact Covington Parks &
Recreation at 859-292-2151.