



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WATER FUN & FITNESS FOR ADULTS

Check out what Aquatics has for you!

WATER FITNESS CLASSES

- Aqua Masters
- Aquafit
- Liquid Toning
- H2O Feeling Fit
- Aquabuilt
- Water Works

& MUCH MORE

- Private Swim Lessons
- Autistic/Special Needs Swim Lessons
- Open Swim
- Birthday Party Pool Rentals

If you have any questions
please contact Tomi White
via e-mail: twhite@hillikerymca.org

