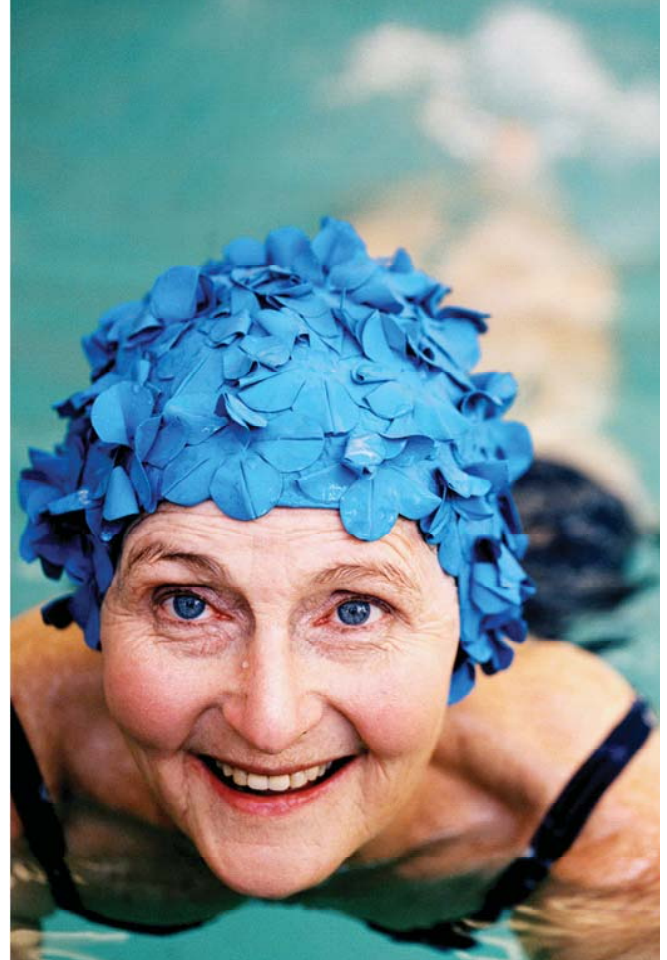


Aquatics

Physical Fitness for Older Adults

This course is designed for the older adult and offers instruction in the principles of aquatic exercise designed to maintain and increase flexibility, muscle tone, breathing capacity, coordination, and balance. This course provides water exercises that are flowing, smooth and gentle on the body as well as contribute to improved physical and psychological well-being. Registration fee: \$20. (Seniors over 60 do not pay Registration Fee). Class Fee: \$20 per semester. Student Body Card: \$2.



Park La Brea Pool

*Meridian Swim Club. 5810 West 6th Street, LA 90036
(Stop at Security kiosk for pass and directions.) Starts in November.*

Friday, 9-10-:30 am

Wednesday, 7-8:30 pm,

West Hollywood Park Pool

647 N. San Vicente Blvd., W.Hollywood 90069 (Across from the Pacific Design Center)

Monday & Wednesday, 2-3:30 pm

**Open enrollment.
Join at any time.**



**Questions? Call (323) 370-1040 or (310) 914-3565
or go to our website at westsideadultschool.org**

Westside Community Adult School

Division of Adult and Career Education • Los Angeles Unified School District