

# Senior Water Fitness Club

## DATES AND TIMES

- Meet new people
- Get fit
- Enjoy the water
- Seniors 55 and up
- FREE
- Socially Engaging
- Low joint impact

**Mondays and Wednesdays**

**Fall Winter Spring 3:30pm-4:30pm**

**Summer 4:30pm-5:30pm**

**\*No class on Holidays and CMS no school days**

Get fit



**RAY'S SPLASH PLANET**  
OVERFLOWING WITH FUN AND FITNESS

**Mecklenburg County  
Park and Recreation**  
*Aquatics*

A logo for Mecklenburg County Park and Recreation Aquatics. It features a silhouette of a hiker with a backpack, a blue slide, and green trees against a brown sky.