

Queensbury Parks & Recreation Department
518.761.8216 ~ <http://recreation.queensbury.net>

AQUAEROBICS

The Queensbury Parks & Recreation Department offers a twice per week safe, effective water workout including warm-up, stretching and toning, aerobic movements and cool-down, all set to music. The buoyancy and support of the water makes exercise less stressful on the joints.



Class Time:

6:15 - 7:15 PM

**Class Meeting Days:
Tuesday & Thursday**

Session Dates:

Session 1:

September 13–October 27, 2016

Session 2:

November 1–December 20, 2016
(No Class 11/8, 11/10, 11/24/16)

Session 3:

January 3 - February 16, 2017

Session 4:

February 28 - April 13, 2017
(No Class 3/30, 4/4, 4/6/17)

Session 5:

April 25 - June 1, 2017

QUEENSBURY ELEM. SCHOOL POOL

AVIATION ROAD, QUEENSBURY

Class minimum: 10 Class maximum: 30

	<u>RESIDENT</u>	<u>NON-RESIDENT</u>
Session 1 & 3:	\$49.00/per session	\$59.00/per session
Session 2 & 5:	\$42.00/per session	\$52.00/per session
Session 4:	\$39.00/per session	\$49.00/per session

Rates are per person, per session

NEW

Register on-line @
queensburyrec.com

or come to the
department office at 742 Bay
Road, Queensbury. For more
information call 518.761.8216