

2025-2026

AGES
18+



pool yoga

You've heard of SUP but have you tried Pool Yoga? This program is great for those wanting to try something new and those who want to maintain their SUP balance during the off season. We'll be using extra-large rectangular pool yoga boards; these boards provide great stability and support a variety of traditional yoga poses.

CLASS MAXIMUM: 10

Saturdays, 8:00-8:45am
Queensbury Elementary School Pool
Aviation Road, Queensbury

SESSION 1: September 27-November 1

SESSION 2: January 3-31

SESSION 3: February 28-March 28
(No class 2/14, 2/21)

SESSION 4: April 18-May 16
(No class 4/4, 4/11)

Resident: \$50; Non-Resident: \$65

For More Information and to Register:
recreation.queensbury.net
or in-person at 742 Bay Road



**Queensbury
PARKS &
RECREATION**

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