

**Township of Shaler**  
**2019 Crawford Pool Adult Water Aerobics**  
**Register Online or at the Township Office**

This is a 45-minute class using the natural resistance and buoyancy of water. The class will include exercising the total body increasing muscle strength, flexibility and endurance. Aquatic Exercise is a great way to enjoy physical activity while gaining strength and improving your health. Equipment (noodles and water weights) will be provided. Aqua shoes are highly recommended. Cardio, agility, balance and relaxation are all important to a healthy body and mind.

If you have any questions regarding cancellation due to the weather, please feel free to call the pool. **Pool Telephone: 412-684-1009**

<b>Water Aerobics Fee with Swim Pass \$35.00</b>
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<b>Water Aerobics Without Swim Pass \$50.00</b>
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**MUST REGISTER AT LEAST ONE WEEK PRIOR TO CLASS**

**Water Aerobics Sessions: Includes 8 classes.**

**Session 1 – June 3 – 26 (Monday & Wednesday)**

**Session 1:** 11:00 - 11:45AM

**Session 2 – June 3-June 26 (Monday & Wednesday)**

**Session 2:** 7:15 – 8:00 PM

**Session 3 - July 8-July 31 (Monday & Wednesday)**

**Session 3:** 11:00 – 11:45 AM

**Session 4 - July 8-July 31 (Monday & Wednesday)**

**Session 4:** 7:15 – 8:00 PM