

Adapted Aquatics

Use the warm water to stretch, walk and strengthen your body. Your work-out is developed based upon your skills and ability. Staff will assist by leading the stretches and encouraging a full work-out. Leave time at the end of the hour to walk and build endurance and increase or maintain balance.

12 sessions



twm025 www.fotosearch.com

Activity # 141070A M&W 9/21-10/28 5:30-6:30 pm
Beekman \$30 Res., \$45 Non- Res

Activity # 141070B M&W 11/2-12/9 5:30-6:30 pm
Beekman \$30 Res., \$45 Non- Res

Registration Information

To register by credit or debit card call 483.4234 or 483.4277.

Online at: www.lansingmi.gov/parks

Or at any one of our four community centers – Letts, Gier, Foster and Southside.

For more information contact the Therapeutic Recreation Specialist – Joan at 483.4291.

Check back in December for our Winter and Spring 2010 schedule of programs.